

Activities and support for children, young people and families in Reading

November 2019



Information from the voluntary, community and statutory sectors



Organisations at a glance

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One Reading Conference

18 November 2019

One Reading is a multi-agency partnership committed to delivering better outcomes for children, young people and families, and developing a local consensus on how to work together.

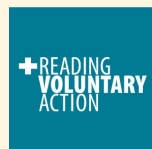


One year in, this conference is a chance to find out about the local consensus, learn more about the value of trauma-informed communities, network, ask questions and browse information stalls about the activities and support offered by local organisations.

Most excitingly, the conference is a chance to hear from young people through short films, presentations, workshops and a dance performance.

About this booklet

This booklet brings together information from organisations in the voluntary, community and statutory sectors about activities and support available for children, young people and their families in Reading. It is an update to the *Voluntary Sector Market Place* booklet which was distributed at the event of that name in January 2019.



Reading Voluntary Action have compiled the booklet on behalf of the One Reading partnership, and we have, of course, done our best to make sure that all information is up to date and accurate. To let us know about updates, or to be included in future editions, email onereading@rva.org.uk.



ABC to Read

Set up in 2004, ABC to Read safely recruits, trains and supports community volunteers to provide one-to-one mentoring of primary school children in Berkshire who are struggling to read. The award-winning charity supports approximately 500 children each year.

The child and their mentor pursue a range of literacy-based activities, such as sharing books, playing games and enjoying conversation. This encourages the building of the pupil's literacy skills, as well as their confidence and self-esteem. All our volunteers go through a stringent recruitment and training process, including DBS checks and safeguarding, to ensure the best quality assistance is offered to the children.

ABC to Read have also extended their services and run workshops showing parents how they can support their children at home, workshops for school's own parent helpers, as well as providing training to older pupils within secondary schools to support younger ones for whom reading is a challenge.

Contact ABC to Read
abctoread@btconnect.com
www.abctoread.org.uk



Adviza

Adviza is a registered charity inspiring people to make better decisions that help them progress in learning and work. Our passion is to support young people and others, at important times in their lives where key decisions need to be made.

- We work in partnership with schools and colleges providing careers information, advice and guidance (IAG) for their pupils.
- We produce the schools careers resources eCLIPS and Careers Planet.
- We deliver careers services for unemployed young people in Berkshire and Buckinghamshire, funded by local authorities as part of their local provision.
- We provide intensive support programmes to help young people overcome barriers to their progression in learning and work, funded through social investment, public bodies, local authorities and other agencies.
- We deliver the National Careers Service contract in the South West and Oxfordshire Region, providing free, impartial careers advice to adults.
- We offer paid-for careers guidance sessions and psychometric assessments.
- We are the delivery partner for the Prince's Trust Team programme in Berkshire and Buckinghamshire.

Contact Adviza

Lee Teideman, Performance Manager

0774 7760882

leeteideman@adviza.org.uk



Alliance for Cohesion and Racial Equality (Acre)

Alliance for Cohesion and Racial Equality (Acre) was set up in 2012 to champion equality across the 9 strands of the Equality Act 2010 and advocate equal opportunities for all, celebrate diversity, and facilitate positive relationships between communities to promote community cohesion in Reading.

Alafia Family Support Service

Alafia (Wellbeing) provides opportunities for ethnic minority families caring for children and young people (0-25) with a wide spectrum of disabilities and additional needs, to ensure that they receive an equitable, culturally competent and fully inclusive service from statutory and voluntary sector service providers. Alafia works to evidence-based practice that incorporates the Family Intervention Project (FIP) Model, adapted and delivered in a sensitive way. Our services include:

- Information, advice and guidance (IAG) to access statutory and other support services.
- Health and wellbeing activities – peer support group meetings, and interaction with specialist advisors to improve individual health and wellbeing.
- Short breaks – social gatherings, field trips and visits to places of interest to reduce isolation and broaden knowledge.

Contact Acre

Service lead, Shagufta Ali: Shagufta.ali@acre-reading.org

Manager, Victor Koroma: Victor.koroma@acre-reading.org



Talking sense about autism.

Autism Berkshire

Autism Berkshire supports autistic children, young people and adults and their families throughout Berkshire, to improve their quality of life and give them maximum independence.

We offer a range of services, including leisure activities for children and teenagers: trampolining sessions providing rebound therapy, a Games Club, a Lego Club, and Family Fun Days. Young adults enjoy our Level Up games group and 197 Club social group and can benefit from SocialEyes courses to improve social understanding and skills.

Parents and carers can benefit from a range of workshops, drop-in advice at our office in the centre of Reading, an autism-specific helpline which is also available to advise professionals, a home visiting service, and expert advice on benefit applications and appeals for autistic people, their families, and those affected by a number of related conditions.

Contact Autism Berkshire

40 Caversham Road, Reading, RG1 7EB

0118 959 4594 (office and helpline)

contact@autismberkshire.org.uk

www.autismberkshire.org.uk

www.facebook.com/AutismBerkshire

www.twitter.com/autismberkshire



Berkshire Youth

Berkshire Youth (formally Berkshire Association of Clubs for Young People) has been serving the young people of Berkshire, delivering excellent and efficient youth support services since 1940. We support youth leaders and young people aged 10 to 18 through challenging life transitions/events to help them make the right choices, grow resilience, and mature as individuals and members of society, through:

- *Activities* to encourage young people to adopt healthy lifestyles and grow confidence and self-esteem.
- *Training* for youth workers, volunteers and young people.
- *Action* through volunteering, encouraging young people to take positive action in their community, involve others in shaping services for young people and to grow into the next generation of leaders.
- *Club support* for the many clubs for young people across Berkshire, including affiliating our members UK Youth, the national organisation for voluntary sector youth work.

We are proud of our track record and committed to building on it over the coming years to support young people make successful transitions to adulthood. Within our club support, we have ambitious plans to develop our network of 'Inspired Facilities' – independent flagship youth clubs, members of Berkshire Youth and operated in partnership with local partners.

Contact Berkshire Youth

David Seward, Chief Executive Officer
44 Watlington Street, Reading, RG1 4RJ
0118 909 0926 or 07721 317354
david.seward@berkshireyouth.co.uk
www.berkshireyouth.co.uk



Breakthrough Learning

Breakthrough Learning is an emerging charity working with children and adults to develop their thinking abilities and to equip them with the learning skills they need to succeed in the rapidly changing 21st century. We use an approach based on metacognition and self-regulation of behaviour to teach people how to become more effective learners. Our mediators help students to:

- work systematically
- plan and develop strategies
- look for relevant, reliable information
- draw on previous experience
- construct coherent, logical answers validated by solid evidence.

We also help students understand their own emotions and those of others, giving them the tools they need to engage more successfully with society.

We deliver tailored interventions for individuals or groups and offer training in mediated learning for parents and schools. Our team is currently piloting an Early Years intervention 'Smart Thinkers' group in West Berkshire in partnership with a local nursery.

Contact Breakthrough Learning

Vanessa Nichols

info@breakthroughlearning.org.uk

07789 990021

www.breakthroughlearning.org.uk



Brighter Futures for Children

Brighter Futures for Children is an independent, not-for-profit Company which was established to deliver Children's Services on behalf of Reading Borough Council. Our main aim is to protect and enhance the lives of the children in Reading. We help families find long-term solutions to ensure children lead happy, healthy and successful lives. As well as providing a range of Children's Social Care Services, Brighter Futures also deliver services in the following areas:

- Education, SEN and Disability
- Early Help
- Adoption
- Fostering
- Early Years
- A Virtual School
- Youth Offending

Brighter Futures works closely with partners in the local community and key organisations including the council, police, public health and voluntary groups. We are a values-driven company, and in every aspect of our work, we strive to be:

- Honest – transparent and open about how we work
- Creative – not bound by convention
- Caring – every decision made in the best interest of the child
- Quality-driven – efficient, effective and professional
- Respectful – we will value diversity
- Responsible – a prudent organisation and a good partner, using limited resources wisely

Contact Brighter Futures for Children

info@brighterfuturesforchildren.org or 0118 937 3641
www.brighterfuturesforchildren.org

Elevate

Elevate is the free careers advice service for young people in Reading, from Brighter Futures for Children. We help young people and their parents by giving impartial advice and guidance to support informed decision-making about the future. Our careers advisors are professionally qualified and can help young people understand the next steps into employment, training or education.

Advice and guidance

- Career ideas and making choices
- Choosing options at 16 and 18
- Apprenticeships and alternative training provisions
- Further and higher education options and funding arrangements
- Understanding the local and national job markets
- Information for parents

Practical help

- Confidence building
- Finding a learning or training course
- Searching for jobs or apprenticeships
- Applying for jobs or apprenticeships
- Developing CVs
- Improving interview skills

Contact Elevate

0118 937 2204

elevate@brighterfuturesforchildren.org



Browns Community Services

Browns Community Services, a CIC with entirely charitable aims, is focused on transforming the lives and wellbeing of adults and families in the South East of England, by breaking transgenerational cycles and supporting individuals living with multiple and complex needs to lead safe, happy and healthy lives. We work with vulnerable and at-risk adults facing disadvantage, isolation and exclusion in their communities, working tirelessly to help them towards brighter futures. Our services:

The Rebuild project provides innovative community-centred support to the parents of children who are victims or are at risk of child exploitation. The programme is based on interventions that motivate and engage families with complex needs, building self-confidence, reducing crisis situations and making informed choices about the safety and wellbeing of the family. Each family receives a significant period of counselling as well as a bespoke programme of services to support them back to normal life.

Counselling services help those in need to find new and better ways of dealing with difficult experiences through explorative talking. We offer a 26-week course of counselling in a safe place.

4Es to Employment Course

This innovative course educates, empowers and encourages our clients on the road to employment. Browns Community Services recognises that applying for jobs is a skill in itself and too often people are unsure of how to show off their skills and personality in front of employers.

3Es to Wellbeing Course

The 3Es course helps our clients to work towards positive mental wellbeing and covers the relationship between physical wellbeing and mental wellbeing, negative behaviours, substance misuse and how to build positive social networks.

#InTheKnow Course

Our #InTheKnow course upskills parents around social media. This course covers access to age-inappropriate content and apps, bullying and cyberbullying and personal information falling into the wrong hands, getting parents to think about who their children are talking to online and much more.

Contact Browns Community Services

3000 Hillswood Drive, Lyne, Surrey, KT16 0RS

07508 194940

info@brownscs.co.uk



Building Family Bridges Project (WEA)

Building Family Bridges (BFB) is a collaborative, multi-agency project led by the WEA. It aims to improve the prospects of individuals with complex family needs in Berkshire by addressing barriers that prevent them from entering and sustaining employment. Through regular meetings with Family Support Workers, participants identify their long-term goals, and are given access to existing services to remove the barriers to achieving them. In addition, participants have access to free and bespoke workshops aimed at improving their wellbeing and future prospects. The programme will be particularly helpful for:

- Parents involved in crime or anti-social behaviour, or have children who are.
- Parents with children who have not been attending school regularly.
- Parents with children who need help or are subject to a Child Protection Plan.
- Families affected by domestic violence and abuse.
- Parents who have a range of health problems, or with children that do.

To be eligible for support, participants must be: over 16, eligible to work in the UK and be unemployed or economically inactive (retired, a full-time student, disabled, or a full-time carer).

Contact Building Family Bridges (WEA)
Punam Kharbanda, Project Coordinator
07770 641779
PKharbanda@wea.org.uk



Depression Xpression

We are a peer support group helping people who suffer from depression, anxiety and loneliness. We meet twice monthly in Reading and once-monthly in Wokingham.

We have speakers and demonstrations at most meetings. Topics include mindfulness, stress and horticultural therapy to name but a few. Everyone is welcome and no referral is needed.

Contact Depression Xpression

07546 935912

depressionxpression@gmail.com

[Facebook.com/Depressionxpression](https://www.facebook.com/Depressionxpression)



Dingley's Promise

Established in 1983, Dingley's Promise believes in the best start for every child with special educational needs and disabilities (SEND). It has three specialist centres in Berkshire that support around 150 children every year in Ofsted-registered early years sessions, and aims to transition as many of those children as possible to mainstream education. We also support and train mainstream nursery staff to ensure as many children as possible can be included, if it is right for them.

Services for children and families

- Ofsted registered, term time early years sessions for children with SEND
- Holiday play schemes
- Direct support and signposting for families
- Coffee mornings, stay and plays for families
- Training for mainstream nurseries to admit more children with SEND

Contact Dingley's Promise

Louise Farmer, Centre Manager
Kennet Walk Community Centre, Kenavon Drive,
Reading, RG1 3GD
Louise.farmer@dingley.org.uk
0118 327 7424





East West Kids Connect

East West Kids Connect was set up in 1995 to provide a range of preventative education services, which benefit the mental health, and wellbeing of children, young people and families, through training in meditation and mindfulness techniques. The practical sessions help to manage distractions, behaviour and relapsing conditions, such as stress, anxiety, anger, low self-esteem, pain, addiction and depression. The charity has been providing sessions in schools, Pupil Referral Units, Prisons, Community Centres and other agencies for over 20 years. We currently offer Mindfulness Meditation sessions for families with children from age 5 every Saturday during school terms.

- Morning session: 10.30am to 11.30am, The Avenue School, Conwy Close, Tilehurst RG30 4BZ
- Afternoon session: 4:30pm to 5:30pm, Church House, 59 Church Street, Caversham RG4 8AX
- We suggest a donation of £5 towards costs.

Contact East West Kids Connect

Mike Sarson

0118 962 3332

mike@east-west.org.uk

www.eastwestkidsconnect.org.uk





LOCAL OFFER

**Special
Educational
Needs &
Disabilities (SEND)**

READING



The Family Information Service/SEND Local Offer

The Family Information Service/SEND Local Offer provides free, individually tailored information, advice and guidance on any family matter. The service is available to any family member taking care of children or young people aged 0-19 years of age inclusive (up to 25 years for children and young people with additional needs) as well as professionals working with families in Reading. The service is delivered by qualified staff in Information, Advice & Guidance.

Family Information Service

We have lots of information for families, child carers and professionals, including:

- Ofsted registered childcare – childminders, pre-schools, day nurseries, out of school and holiday clubs, etc.
- Unregistered childcare – parent and toddler groups, childcare for the over 8s, etc.
- Help and advice on choosing childcare.
- Information on financial help for families with childcare costs – including tax credits, benefits and free Early Years Entitlement for 2, 3 and 4 year olds.
- 30 hour childcare entitlement/Tax Free Childcare.
- Useful local and national support organisations.
- Details of a range of leisure activities.
- Childcare Brokerage Service.
- Information on Children's Centres.

SEND Local Offer

- Short Breaks/Respite
- Holiday Clubs
- Special Needs Activities – What's on, Leisure Activities, Clubs and Events
- Special Needs – Support Groups and Organisations local and national
- SEND Local Offer Newsletter published three times a year.
- Information emails keeping parents/carers/practitioners informed on new groups, courses, events and more
- Information on financial help for families
- Ofsted registered childcare including childminders who offer provision for children with special needs
- Disabled Children and Young People's Register/Care Passport/Max Card
- Brokerage Service

Contact the Family Information Service/SEND Local Offer
0118 937 3777 (Option 2), Monday to Friday, 9am to 5pm

fis@reading.gov.uk
www.reading.gov.uk/fis
www.facebook.com/readingfis

localoffer@reading.gov.uk
www.reading.gov.uk/sendlocaloffer
www.facebook.com/readinglocaloffer



Food4families

With Food4families' friendly tutors anybody can learn the magic of growing your own fresh veg and salad, right in their own neighbourhood. Food4families has a network of community gardens/allotments all over Reading that run regular drop-in sessions. The gardens are run by local people, supported by a Food4families tutor. Look on our website to see where they are located.

Try DIY food on your doorstep

We can organise a beginner's growing session for residents and even help them build and look after some small veg beds.

From plot to plate: turning fresh veg into tasty meals

Short cookery courses for beginners and improvers. There are limited spaces, so you need to book.

All sessions: seeds and materials are provided and our gardens are accessible to all.

Food4families can

- signpost individuals to existing courses and community gardens
- organise taster activities
- design and set up new tailor-made growing spaces
- run practical classes in growing and cooking led by experienced and professional staff.

Contact Food4families

Sharon Fitton

0118 958 6692

sharon@risc.org.uk

www.food4families.org.uk



Get Berkshire Active

Get Berkshire Active is a charity dedicated to delivering improved sporting and physical activity for all. We bring funding and expertise down from national sources to inspire, enhance, coordinate and deliver physical activity and sporting outcomes where they matter locally. We work on numerous projects across the whole county designed to engage inactive families, young people and adults into physical activities that can not only improve health and wellbeing for individuals but also contribute to wider social and economic issues.

Contact Get Berkshire Active
01628 472851
info@getberkshireactive.org

Food4families





Home-Start Reading

Home-Start Reading is a charity active in Reading for 34 years. We support vulnerable young families (having at least one child under 5) when they are facing stress and disruption to their lives that they cannot cope with. We recruit and train parent volunteers to visit the family for a few hours every week to give emotional and practical support and we follow progress to the point that the family say they can cope with their situation alone. Most referrals come from Health Visitors and other health and social work professionals and last for approximately a year.

Where home-visiting is not possible, we run two Family Groups, meeting each week in Whitley and Dee Park, Tilehurst. The families have similar challenges to face, and the group offers the children extra stimulation through the activities run by a playleader, while the parents benefit from the company of others facing similar issues and from information on a range of issues affecting their family, such as health, budgeting, and parenting skills.

We also run targeted group sessions. A high proportion of our families are affected by mental or physical ill health. Our Mums in Mind courses for women with postnatal depression have very positive results. We also run a project to prepare young children for nursery and school life, raising their social and communication skills, encouraging sharing, listening for their name and responding, getting themselves dressed and toileted – and encouraging the parents to think of their homes as spaces where the children can learn, play and flourish.

All courses and services are free to families.

Contact Home-Start Reading

Sarah Smith (Manager)

7 Southcote Parade, Southcote Farm Lane,

Reading, RG30 3DT

0118 956 0050

sarah@home-start-reading.org.uk

www.home-start-reading.org.uk





Me2 Club

The purpose of Me2 Club is to tackle the social isolation and loneliness caused by exclusion from mainstream activities. Working with our trained volunteers we transform the lives of children with additional needs/disabilities and their families, ensuring 'Inclusion for All'.

We have been successfully delivering a positive difference to the lives of children with additional needs (whether or not they have a diagnosis) since 2003 having been set up by a group of Wokingham parents who wanted their children to have the same leisure opportunities as their mainstream peers. We are delighted that we have now started a phased expansion of our service into Reading.

In addition to our core work, we organise 3 'Days Away' and 3 residential 'Weekends Away' each year for our children with their volunteers plus regular Teenage 'Meet Ups'. These projects build confidence as well as strengthening the positive relationships between the children and their volunteers.

Annually we organise 3 family events: Easter, Summer and Christmas. We also provide inclusion training to mainstream activity leaders, helping them to make their groups more accessible and welcoming.

Contact Me2 Club

www.me2club.org.uk

0118 969 6369

info@me2club.org.uk



New Directions College

New Directions College is Reading Borough Council's Adult Learning Service (age 19+). We offer a wide range of training courses and apprenticeships, engaging with and educating a diverse cross-section of learners from across Reading to support them to progress to positive outcomes in learning, employment and life.

Courses and qualifications are offered at a range of levels to suit the learner's abilities. Some of our courses are listed below. Please see our website for more information.

- English and maths up to and including GCSE and English for Speakers of Other Languages (ESOL).
- Vocational work-related qualifications which include:
 - * ICT and computer skills
 - * Early Years, including L1 courses and the Diploma for the Educator (L3) and Practitioner (L2)
 - * Business Administration
 - * Leadership and Management
 - * Supporting Teaching and Learning in Schools.
- Employability courses and support to find work.
- Community and family learning – working with children's centres, libraries, schools and the voluntary sector.

We offer classes in community locations across Reading which includes children's centres offering crèche facilities during learning. We provide support to learners with additional needs and learners experiencing financial hardship.

If you are looking for training or support to help with needs identified through care or protection plans we can work with you to provide targeted interventions and skills development for your service users aged 19+.

Contact New Directions College
0345 842 0012
newdirections@reading.gov.uk
www.newdirectionsreading.ac.uk





No5 Young People

No5 Young People provides early intervention emotional and mental health support to children and young people in Reading and the surrounding area. In 2018/19, we supported 1,516 young people and their families: 843 through counselling, 475 through outreach and workshops, 100 through telephone and email support and 98 parents through telephone support.

We know a vital aspect of improving our emotional and mental health is to be listened to, and this is a key element of what counselling can offer. Along with this is the need to have our experiences validated by others who respect and value them. We engage with former service users and have 'experts by experience' within our professional staff and Young Ambassador teams. This supports our service offer and helps the children and young people we see feel listened to, valued and respected. Services we provide:

- Free (at point of delivery), professional, confidential, one-to-one counselling to anyone age 10 to 25 years.
 - * A single 'Early Response' session – usually within 3 weeks of contact – 11 to 17 years.
 - * Six sessions of counselling – 10 to 25 years.
 - * Up to 20 sessions of counselling – 10 to 25 years.
- Low-cost counselling to anyone aged 26 and over (£20 per session).
- Ad hoc telephone support to parents/carers and family members.
- School counselling service in 6 local secondary schools.

- Training and CPD for professionals working with young people and their families.
- Young Ambassador scheme.
- Mental Health workshops for young people and professionals.
- Group therapy.

Contact No5 young People

For counselling enquiries email Dave Edwards:
coordinator@no5.org.uk

For other enquiries, email Carly Newman:
carly.newman@no5.org.uk

We are a Charitable Incorporated Organisation (Charity No. 1171313) and an organisational member of the BACP.



www.parentingspecialchildren.co.uk

Parenting Special Children

Parenting Special Children (PSC) is a Reading-based charity which has been providing specialist services to families of children/young people with a range of special needs, disabilities and early life trauma for more than 13 years. We provide specialist support to families across Berkshire and training events to professionals working with them.

Helpline, Diagnosis Support Service and One-to-one support

Advice and information over the phone, email and social media to families who have recently received a diagnosis or are awaiting an assessment. We also provide a package of one to one support to families with complex needs over a period of time when commissioned by local authorities and other services.

Sleep

Provided by our team of NHS-trained specialist sleep practitioners, the service offers sleep courses and one to one sleep clinics to families and young people with special needs. We also offer sleep workshops in mainstream and specialist primary and secondary schools as well as training for professionals.

Parenting

A wide range of specialist courses and topic based workshops, including Autism, ADHD, Sensory Processing, PDA, Managing the Stress of Caring, Child to Parent Violence and others.

Childhood Trauma and Attachment Service

Specialist courses, workshops, speaker events, one to one and group support for families of children who have experienced early life trauma and professionals working with them.

Support groups

Monthly information and community support groups in selected locations as well as topic based groups including autistic girls, kinship carers, dads and male carers.

Children, Young People and Family events

Regular and accessible fun events for the whole family as well as specific events for young people with similar ages and needs, like groups for autistic boys and girls.

Training for professionals

We offer specialist training on a wide range of topics including Autism, ADHD, Trauma and Attachment, Sleep etc as well bespoke training on topics of interest.

Contact Parenting Special Children

To find out more or for commissioning enquires, see our website www.parentingspecialchildren.co.uk or contact us on 0118 9863532 or admin@parentingspecialchildren.co.uk.



PARENTS AND CHILDREN TOGETHER

Parents And Children Together (PACT)

Adoption

Parents And Children Together (PACT) provides Outstanding (Ofsted) adoption services to families across Berkshire (and the Thames Valley, Brighton and London). As one of the leading independent adoption charities in the country, PACT specialises in finding secure and loving homes for children in care, including those who often face the longest wait for their forever family. The charity, which has its headquarters in Reading, also offers a wide range of award-winning services to support its adoptive families including The Adopter Hub, Strengthening Families Team, Therapy sessions, an Education Worker, and Family Fun Days.

Alana House and Bounce Back 4 Kids (BB4K)

Alana House and Bounce Back 4 Kids (BB4K) are PACT's two flagship community projects which support hundreds of families every year. Alana House is an award-winning women's community centre that provides targeted support to women with complex and multiple needs. Founded in 2010 and based in Reading, a range of trauma and gender-informed interventions are provided in a women-only safe-space that empowers service-users to make positive life changes, develop new skills and become economically independent.

Bounce Back 4 Kids (BB4K) is one of the range of domestic abuse recovery interventions provided by PACT. This targeted domestic abuse recovery programme supports children (aged 5-12yrs) and their parent who have experienced domestic abuse. PACT have successfully delivered this programme to

hundreds of children and mothers since it launched in 2010. The BB4K programme consists of separate concurrent 10 week courses for both the children and their non-abusing parents.

Contact PACT

0300 456 4800

www.pactcharity.org

For Alana House and Bounce Back 4 Kids (BB4K)
see www.pactcharity.org/community-projects or call
0118 921 7640



Path Hill Outdoors

Path Hill Outdoors is an alternative education provider using the outdoor environment to deliver positive experiences and personal growth for young people. We do this by:

- Designing bespoke programs based on individual needs.
- Reconnecting young people to being outdoors.
- Engaging young people in positive and realistic learning experiences.
- Working in partnership with families, schools and relevant agencies.

We have many years of experience working with children who are autistic, have anxiety disorders or have had adverse childhood experiences. We work with primary, secondary and post 16 ages. Our younger students are in transition – usually moving from a primary school to a specialised placement. Our older students are often with us for the longer term and we will focus on vocational skills, working alongside others and preparing for independent living. Though the outdoors does not appeal to all young people, we find that once a student connects with Path Hill they thrive, building up their self-esteem and resilience and start to look forwards with more optimism.

Contact Path Hill Outdoors

0118 984 2500

Mark Hillyer: mark@pathhill.com

Mike Cripps: mike@pathhill.com

www.pathhill.com





Reading Community Learning Centre

Reading Community Learning Centre is a charity that helps ethnic minority women and their families who live in Reading. We reach out and empower women to grow their skills, confidence and independence. We do this through learning, support and friendship. Most of our women are migrants who speak little or no English, who value our women-only environment and have limited experience outside their home, although a few are skilled women who have formal qualifications in their home country but lack the English skills/experience and 'know-how' needed to find a job in the UK. We attract 300 learners each year from 24 countries. We provide:

- Free and informal non-accredited English conversation classes, reading and writing, IT, sewing, health, beauty/confidence building
- In-house volunteering programme
- Information, advice and guidance
- An Ofsted-accredited crèche so women can access our services and not struggle with childcare.

If you would like to join us or find out more, we would be happy to hear from you!

Contact Reading Community Learning Centre

94 London Street, Reading RG14SJ

0118 959 5455

rclinfo@yahoo.co.uk

www.rclc.org.uk



Reading Family Aid

Reading Family Aid is a small registered charity, run entirely by volunteers, that provides Toys at Christmas for children aged 0 to 16, who are deemed to be in need and would otherwise get very little or nothing. We take referrals from Social Workers, Health visitors etc. We also offer a summer outing for all the family. We offer places to organisations such as Home-Start, BWA etc.

If funds allow, we also organise a pantomime trip and a day at Camp Mohawk for children on the autistic spectrum. We rely on donations from other charitable bodies, although we do some fundraising ourselves.

Contact Reading Family Aid

info@readingfamilyaid.org
www.readingfamilyaid.org

Reading Mencap

Reading Mencap provides services and support to children and adults with learning disabilities and their families. Our home-visiting Family Support Service offers information and practical support. Experienced advisers can help with issues including health and social care, education, benefits, housing and leisure and social activities.

We run a Saturday Youth Club for children and young people with a learning disability aged 10 to 19. Exciting new activities for 2019, include circus skills and Pilates as well as old favourites like games, sports, baking and crafts.

We also run a Siblings Club for the brothers and sisters of adults and children with learning disabilities. The club goes on an outing each school holiday with recent activities including a trip to an Escape Room, the cinema and go-karting.

Contact Reading Mencap

21 Alexandra Road, Reading RG1 5PE

0118 966 2518

office@readingmencap.org.uk

www.readingmencap.org.uk





Reading Refocus

Reading Refocus is a youth organisation with 30 years' experience of working with children and young people at risk of offending and exclusion. We provide positive development experiences to engage and intervene to improve young people's lives. Our offer includes youth club and out-of-school activities; intensive, targeted youth work and 1-2-1 mentoring; British Values and Culture workshops for refugee and asylum young people; and employability and entrepreneurship programmes.

Contact Reading Refocus

0118 937 1778

info@readingrefocus.org.uk

Referrals are made by organisations, parent/carers and individuals.





The Rock Academy Foundation

The Rock Academy Foundation is a small Reading-based music charity. They run a Band Experience programme (working with young people to form bands, create new original music and play gigs), individual instrumental tuition (on guitar, bass, drums and vocals), music enrichment in schools and music and music technology projects in community centres.

Their scholarship programme enables eligible young people to have some or all of their band experience or instrumental tuition fees paid for. They have recently been the grateful recipient of an Earley Charity grant which will enable them to offer financial support to even more budding young musicians.

Contact The Rock Academy Foundation
www.therockacademy.org.uk
office@therockacademyfoundation.org
07576 818001





Reading Voice

Reading Voice advocacy hub is part of Healthwatch Reading based on the third floor of Reading Central Library, Abbey Square, Reading. We give free, independent, confidential advocacy for the residents of Reading with support from our partners at Age UK Reading and TalkBack.

We are commissioned to provide advocacy for Care Act Advocacy, Independent Mental Health Advocacy, NHS complaints Advocacy and Social Care Complaints advocacy with our partners from Age UK Reading and Talkback. The first three types of advocacy are 'Statutory' which means that people are legally entitled to help.

We can also be commissioned to provide experienced advocates to support parents with learning disabilities through the Child Protection Process up to and including the court process.

Contact Reading Voice

Advocacy Service Manager, Carl Borges

0118 937 2295

helpdesk@readingvoice.org.uk



Reading and West Berkshire Carers Hub

Are you, or is someone you know, providing much needed care for a loved one? Carers Trust provides a range of support services which can be accessed via the Carers Hub, funded by Reading Borough Council, West Berkshire Council and Berkshire West CCGs.

What kind of support do we provide?

The Reading and West Berkshire Carers Hub can offer:

- Information, advice and guidance
- Signposting to other services/organisations
- Access to support groups
- Free access to local leisure, health and wellbeing facilities
- Free training
- Carer's grants

Contact Reading and West Berkshire Carers Hub

0118 324 7333

ask@berkshirecarershub.org

Reading Voluntary Action

Reading Voluntary Action works together with organisations across Reading to improve the lives of local people. We support projects which deliver better outcomes for children, young people and their families.

Youth Partnership and Summer Youth Activities Programme

RVA's Youth Project Coordinator has engaged voluntary organisations across the town to form a Youth Partnership, map need, identify gaps and seek funding to address those needs.

In summer 2019, RVA coordinated a Reading Youth Summer Activities programme for three weeks, across South, West, Central and East Reading. Events were aimed at 10 to 14 year olds and were all completely free. RVA worked with Sports Xtra, Reside Dance, Real Time Video, Reading Refocus, The Rock Academy, Reading FC's Community Trust Kicks, Lamda Drama/ Rediculture One30 and fitness volunteer Eugenie Rotjes Nicholls to provide young people with free activities that they could engage in, learning new skills and having fun along the way. The events were a huge success, with over 100 different children attending 350 sessions across the different venues and activities.

Contact: charlotte.netherton-sinclair@rva.org.uk





Stronger Together – Support for Parents

The Stronger Together partnership is a Building Better Opportunities project funded by the European Social Fund and The National Lottery Community Fund. It offers free help to people, aged 25 or older, who need support to get into employment, or move closer to employment. As part of this project, RVA's School and Parent Engagement Officer works with parents, schools and partners across sectors to maximise the opportunities available for parents and help them overcome any barriers to being employed.

Contact: anna.chapman@rva.org.uk

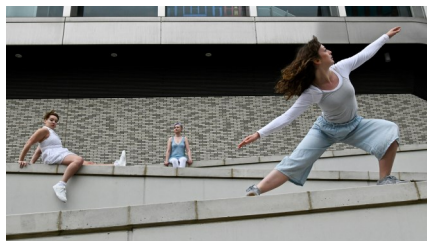
Whitley Schools Partnership

RVA is part of a partnership with primary schools across Whitley which aims to create a safe space at schools to meet with parents and guardians of primary school-age children, discuss concerns that affect their daily lives and introduce parents and guardians to the voluntary and community sector as it applies to their interests and/or obstacles and provide 'assisted signposting' for services, in Whitley and in Reading at large.

Contact: sarah.timmins.degregory@rva.org.uk

Contact Reading Voluntary Action

General enquiries: 0118 937 2273 or info@rva.org.uk



Reside Dance

Led by Jennifer Christine Stokes, award-winning Reside Dance CIC is, currently, Reading's only professional contemporary dance company. Born out of Reading 2016: Year of Culture and linking to the aims and social outcomes of the town's Great Place Scheme Award, the company aim to bring individuals and communities together by developing connections to places and others through dance. With a special focus on promoting and celebrating cultural diversity, Reside Dance CIC aims to become Reading's first dance company to bring its residents side by side to celebrate their individual and collective cultures within site-specific places.

Drawing upon techniques and processes from dance theatre, social choreography and somatic practice, the company aim to strengthen the town's dance offering by creating innovative, high quality and accessible performances, workshops and programmes that widen dance audiences through an exploration of social issues prevalent to Reading life. Their work consists of three strands: research, community-based performance, and training and education. The team consists of registered dance movement psychotherapists as well as professional dance artists.



Moves Together

For the One Reading conference, the company will be sharing their recent Moves Together programme which was funded by Arts Council England. The pilot programme aimed to address SMSC (social, moral, spiritual and cultural development) and health and wellbeing needs of young people, develop Reside Dance CIC's training and education strand, increase young people's participation in The Rising Sun Arts Centre and contribute to building youth provision in Reading.

Moves Together explored over 60 children and young people's experiences of social media and sought to unravel and make sense of them through the real relationships that they developed through dance. The professional dance artists also explored their experiences of social media and joined the participants in termly performances which highlighted the similarities across their experiences, showing how connected we are despite our physical distances whilst using it. Parents, guardians and families were invited and supported to discuss the issues raised by the performances in an accompanying Q&A.

The programme began in John Madejski Academy and Geoffrey Field Junior School in May 2019 and moved to The Rising Sun Arts Centre during the Summer, working with Brookfields School from September onwards. Reside Dance CIC are currently looking for new partners and stakeholders to continue and develop the work further. If you are interested in finding out more about Moves Together or some of the other work that we do, please email jen@residedance.co.uk. We would love to explore how Reside Dance CIC. can cater for you and help you to deliver better outcomes for children, young people and families in Reading.

Contact Reside Dance

Website: www.residedance.co.uk

Facebook: www.facebook.com/ResideDance

Twitter: @ResideDance

Instagram: @residedance



Support for Young People
Affected by Crime



SAFE! Support for Young People Affected by Crime

There are two main strands to our work and services we offer:

1: Support for young people who have been hurt by crime

For young people aged 8 to 25 years old, who live in the Thames Valley and have been hurt by crime, SAFE! can offer support. We believe that everyone has a right to feel safe at home, in school, work or college, on their streets and in their towns. We will work with young people to help them get their confidence back if they have:

- Been bullied at school
- Been sexually abused or assaulted
- Witnessed domestic violence
- Been mugged, or physically assaulted
- Been abused by cyber crime
- Or been a victim of any other crime.

We offer one-to-one sessions with a professional worker. Young People can choose where they feel most comfortable meeting their SAFE! worker; it could be at home, or school, college, or a youth or community centre. SAFE! workers will help young people develop ways of coping for times when they don't feel safe. Young people will not have to talk about what happened to them, unless they want to.

2: Support for families affected by Child to Parent Violence

We also offer support for families affected by Child to Parent Violence (CPV) through our Building Respectful Families Programme (BRF). CPV is any behaviour used by a young person to control, dominate or coerce parents. It is intended to

threaten and intimidate, and puts family safety at risk. Whilst it is normal for adolescents to demonstrate healthy anger, conflict, frustration and to test boundaries during their transition from childhood to adulthood, anger should not be confused with violence. Violence is about a range of behaviours including non-physical acts aimed at achieving on going control over another person by instilling fear.

- *Building Respectful Families – Group based Support* The programme has two parallel groups meeting simultaneously one evening a week for 10 weeks from 6-8pm; one for young people who are using abusive behaviours and one for the parent/carers. Each group has two facilitators and an observer. We can accommodate up to ten families on each 10-week programme. The Parent's Group is delivered using a combination of facilitator-led learning, group discussion and tasks related to set topics. The Young People's Group is delivered with the first hour of the session being facilitator -ed learning, with discussions around set topics. The second hour, after a break is a Creative Hour, which has several functions. The aims are to help the young people relax, to reflect on their learning and assist them to embed new thoughts, ideas and strategies.
- *Building Respectful Families – 121 based Support* The content covered is the same as that which we offer families through the group-based programme, but via 121 work.

Contact SAFE! Support for Young People Affected by Crime

01865 582 495

safe@safeproject.org.uk

Referral forms can be downloaded via the website:

www.safeproject.org.uk

Starting Point Mentoring

Starting Point is a mentoring service that supports young people aged 15 to 25 who are, or are at risk of becoming NEET (not in education, employment or training). Through a relational, tailored and holistic approach we seek to mentor young people throughout their journey of attaining, sustaining and thriving within education, employment and training.

Contact Starting Point Mentoring

The Mustard Tree, 90 London St, Reading, RG1 4SJ

startingpoint@themustardtree.org

0118 956 7000 or 07864 040466

www.startingpointreading.co.uk







FIRST FOR LEARNING DISABILITY & AUTISM

Talkback

Talkback's roots are in self advocacy, in building self-confidence and self-esteem to enable people with a learning disability and autism to build and use the skills that will enhance their quality of life and to be as independent as they can and want to be.

Talkback is about choice, opportunity and respect for all people with a learning disability and/or Autism. Talkback achieves its aims through supporting people to express a real voice, in choice and decision making and in creating safe and positive learning environments. The core aspects of communication and social development are embedded in all aspects of our work. We meet with hundreds of people with a learning disability on a regular basis through an established and ever growing network. We work in a range of places, going to wherever people with a learning disability are.

Many of the people we work with are living with additional challenges to their learning disability: autism, profound physical and communication needs, and mental health conditions. The Talkback team are skilled and experienced in working with all groups of people to support them in enhancing their quality of life:

- we create safe environments for people
- we establish trusted relationships
- we learn and support individuals' systems of communication.

Our work in Reading is to facilitate 2 fortnightly community drop-ins called *Talkback Cameo* and *Think Feel Belong*. These groups offer people the opportunity to talk about their wellbeing

and share their experiences. There is an element of making friends and planning any outreach activities that people may be interested in accessing.

The *Outreach Service* gives people with learning disabilities the opportunity to try new activities within Reading with some support. This is slowly phased out as people become more confident at attending on their own.

The *14+ Health Passport* has now been distributed around Reading and West Berkshire and this provides people with learning disabilities to talk about their own health needs and support that they may need to attend any medical appointments.

Contact Talkback

For any further information please contact
sue.pigott@talkback-uk.com or 01494 434448

One Reading News

One Reading produces a bi-monthly newsletter for everyone working with children, young people and families in Reading.

- **Read past issues** at www.rva.org.uk/one-reading.
- **Subscribe** at www.rva.org.uk/one-reading-subscribe.
- **Contribute:** if you have something you would like included in One Reading News – events, training, resources, or good practice, or you think that a member of your team would like to feature in our Day in the Life series – please email onereading@rva.org.uk.

A newsletter for
everyone working with
children, young people
and families in Reading



News
Events
Resources
Good practice
Training and development
Day in the life profiles

www.rva.org.uk/one-reading

Images on the front cover, left to right:

***1: Dingley's Promise, 2: Food4families, 3: Reside Dance CIC,
4: Me2 Club, 5: Dingley's Promise, 6: Starting Point Mentoring,
7: Starting Point Mentoring, 8: Dingley's Promise, 9: Food4families.***