



Reading Learning Disability Partnership

# NEWSLETTER

Issue 5: November 2009

## Telecare

The Learning Disability Partnership

invites you to join us to find out about

**Telecare**

at **Christchurch Court, Christchurch Gardens,  
Reading, RG2 7AQ**

on **Monday 7 December**

Between **10.00am to 12.30pm**



Reading Learning Disability Partnership

Telecare uses your telephone line to link sensors in your home to a computer at a call centre.

If you have a problem in your home - like a fire - an alarm will go off at the call centre and the people there will find out what the problem is and make sure you get the help you need.

There are lots of different types of sensors. Some keep a check on things in your home in case it gets too cold, or the bath overflows or the smoke alarm goes off and some keep a check on health problems.

Come along to our event to try out some of the different types of telecare that can keep you safe at home.

You can also talk to people who already use telecare and find out how it has helped them and made their lives better.



# Toby Heskins at work

CONTACT is an organisation that helps people with disabilities find paid work.

Toby Heskins has worked with CONTACT since 2004 when they found him work as an Administration Assistant (doing jobs like photocopying, shredding documents, packing envelopes and filing) for a few hours a week.

When he first started the job he had a support worker to help him as he got to know the work and the people he was working with, but once he had settled in he was able to go to work on his own. Toby also learnt to use the bus so he could travel to and from work on his own.



When this job ended, Toby used his administrative skills to help a local voluntary organisation and then volunteered at a local advice service for people who are unemployed.

Reading Borough Council have been working closely with CONTACT to find ways of creating more jobs for people with learning disabilities. Toby was one of the first people to be offered a job under the Council's scheme.

Toby has settled into his new job really well and is now a valued member of the New Directions team.

# Treasure Hunt



Over 40 people took part in the Reading Learning Disability Partnership Treasure Hunt in September.

Teams taking part had to show they had travelled by public transport to the Reading Buses Travel Centre in the Broad Street Mall to pick up their first clue.

This led them to Forbury Gardens where they had to follow the rest of the clues which had been placed around the gardens until they found the hidden treasure!

The winning teams won prizes like Panto tickets and a voucher for a boat trip.

Everyone enjoyed themselves and said they would like a Treasure Hunt every year!

Our aim was to encourage people to use public transport and apply for a free bus pass and we were very pleased that this worked so well.

We would like to say a big thank you to Reading Buses and Readibus for working with us and to everyone else who helped make this event such a success.

## Pathway Exercise Referral Scheme

The 'Everybody Active' programme offers weekly sport and activity sessions for adults with disabilities and one-off events throughout the year. This programme has been very successful and is helping lots of adults with learning disabilities stay fit and healthy while having fun.

Sport Reading are now introducing a new exercise scheme to the Everybody Active programme. This is called the Pathway Exercise Referral Scheme. This scheme offers special activities for people who do not do any exercise but who need to exercise to improve their health. Their Doctor will refer them to the Pathway scheme so we can give them the support they need to improve their fitness.

## Everybody Active Volunteer Scheme

If you would like to learn some new skills and meet new people why not join the Everybody Active Volunteer Scheme?

You will be given lots of training and a person to give you advice and support.

Some of the courses coming up are:

- Day Certificate in Sports Leadership - You will learn how to set up a sports session (*including planning, keeping people safe and how motivate people do their best*). The course is Monday 23rd and Monday 30th November from 5:30pm - 9.00 pm at Sun Street Youth Centre
- Handball Level 1 training - You will learn how to help other people learn to play handball. The course is on Saturday 23rd January 2010 from 10.00am to 4.00pm at Academy Sport.
- Community Sports Leadership Award Level 2 - This course is for people who have already taken the Day Certificate in Sports Leadership and who want to learn more about running sports sessions or would like to help with "Everybody Active" activities. This course will be held from 10.00am - 4pm from 15 - 19 February 2010

These courses are for service users, carers and support workers - everyone is welcome.

For more information please call Kayleigh Hodges on 0118 937 5054 or email: [kayleigh.hodges@reading.gov.uk](mailto:kayleigh.hodges@reading.gov.uk)



## International Day for Disabled People

Come along and celebrate with

# EVERYBODY ACTIVE

**Marking 1000 days until the London 2012 Paralympics**

**Come along and enjoy activities and workshops which include:**

**Tai Chi**

**Dance**

**Health Checks**

**Volunteer Workshop**

**Plus a FREE lunch!**

There will be a morning session for children and young people with additional needs to display their dance routines and join Everybody Active participants for lunch.

### **Meadway Sports Centre**

Conwy Close, Tilehurst, Reading. RG30 4BZ

**Thursday 3 December**

**12noon - 3pm**

(Free Lunch 12noon - 12.30pm)



**SPACES ARE LIMITED - BOOK EARLY TO AVOID DISAPPOINTMENT**  
To book your place contact the Sport Reading Team 0118 901 5713