



January 2020

News and Information



Spring term will be starting on Monday 6th January 2020



Half term is Monday 17th February – Sunday 23rd February

Term ends on Friday 3rd April 2020



Keep up to date with everything we are doing by liking our Facebook page.

www.facebook.com/thearktrust

Do you or your friends and family shop in Waitrose Bracknell?

At the till you are given a green token and asked to place it in the box of your chosen charity.

During January we will be one of these charities which means Waitrose will be giving us some money. How much? That depends on how many tokens we get, so please consider giving us your token and let all your friends and family know too.





Paul's time at The Ark

Paul works at Waitrose and Partners. He was one of the volunteers who helped us get Forget-me-Knot ready for opening.



Over the summer he was on *secondment* at The Ark. This meant he was still an employee of Waitrose but worked and spent his time at The Ark. This was funded by **The Golden Jubilee Trust**.



Paul's time with us finished at the end of November. During his time with us these are some of the things he did:

- Helped us move to TRAX and did lots of repairs and jobs like making the new radio room door wide enough for wheelchairs
- Built the tortoises an outside home and worked on the garden
- Helped out on the information bus and attended meetings and events for family carers
- Ran the *Trash to Treasure* course, helping people repair and upcycle a piece of furniture



Paul is planning to still help us with the garden and running other courses like *Trash to Treasure* when he can.



Weekly term-time activities

That's sew crafty!



When: Mondays, anytime between 9.30am – 12 noon

Where: Forget-me-Knot, Bracknell

Cost: Free! Donations to cover cost of refreshments

Bring your own craft along to Forget-me-Knot. A friendly, community space to meet new people. This is not a supervised session – if you cannot access independently you will need to bring support.

Tovertafel “Magic Table” session



When: Mondays, 1.30pm – 3.00pm

Where: Forget-me-Knot, Bracknell

Cost: £3 per week (pay-as-you-go). Donations to cover cost of refreshments

Interactive games and activities aimed at people living with dementia.

Knit and Natter



When: Tuesdays, 10.30am – 12.30pm

Where: TRAX, North Ascot

Cost: £5 per week (pay-as-you-go). FREE to unpaid carers registered with SIGNAL4Carers

A group where you can work on textile craft projects such as knitting, crochet, weaving, sewing and felting, while having a chat with other group members over a cup of coffee/tea.

This is not a tutor-led workshop, Ark staff can help you decide the long-term projects you would like to work on and we will provide all the materials.



Weekly term-time activities (continued)

Tovertafel “Magic Table” session



When: Wednesdays, 10.00am – 11.30am

Where: Forget-me-Knot, Bracknell

Cost: £3 per week (pay-as-you-go). Donations to cover cost of refreshments

Interactive games and activities aimed at people living with dementia.

Drama

When: Thursdays, 10.00am – 2.30pm

Where: TRAX, North Ascot



Cost: £180 per term or £17 per week (pay-as-you-go)

This group is full of energy and life and always welcomes new members. Lottie leads the way as you act, sing and dance.

Please wear comfortable clothes and shoes. Bring along a packed lunch and drink that can be eaten in the hall (as the kitchen area is not available).

Tovertafel “Magic Table” session



When: Thursdays, 10.00am – 11.30am

Where: Forget-me-Knot, Bracknell

Cost: £3 per week (pay-as-you-go). Donations to cover cost of refreshments

Interactive games and activities aimed at people with learning disabilities.



Weekly term-time activities (continued)

Crafty Coffee



When: Fridays, 10.30am – 12.30pm

Where: TRAX, North Ascot

Cost: £60 per term or £6 per week (pay-as-you-go)

This friendly relaxed and informal group regularly complete both weekly and longer-term craft based projects.

Ark staff work at different locations and in the community, so we cannot guarantee there will be someone in the building if you arrive too early (10-15 minutes before is fine). Also please make sure you have arranged to be picked up at the time the session finishes.

Thank you



Ozzy and Alice are often in the office and also like to join in litter picks and healthy walks. They also have their own area outside with kennels.

They are still pups in training; sometimes they get too excited when they see new people and they like to chew everything, but the dog trainer says they are doing well. ★

Local Healthwatch

Collects feedback, shapes services and provides advice, guidance and direction about Health and Social Care services.



**Have
your
say**

Healthwatch Bracknell Forest

01344 266 911 – www.healthwatchbracknellforest.co.uk

Healthwatch Windsor, Ascot and Maidenhead

01753 851 725 – www.healthwatchwam.co.uk

**Talk
to us...**



Wills and Kate are now in hibernation and will be asleep until Spring.



Radio Marmalade

An inclusive internet radio station with a wide range of programmes.

After a short training course (average cost £30-£60) you will be ready to broadcast weekly. DJs pay 'subs' weekly to cover the cost of licensing, equipment and music - £5 per hour.

www.radiomarmalade.org.uk



SIGNAL4Carers

Unpaid carers are people who support members of their family or friends and neighbours who have a disability or long-term health condition.

Support

Information

Guidance

Networking

Advice

Learning

Last year we provided a wide range of support to over 1000 carers including:

- Listening, encouragement and emotional support
- Financial, benefits and health information
- Newsletters
- Social and education events
- Training and advice

Contact us to register with the service.



**9 Wildridings Square,
Bracknell, RG12 7SJ**

Forget-me-Knot is our shop where you can find vintage, retro, quirky, hand-made and upcycled items for sale but you can also stay a while for a cup of tea and a chat, play on the retro games machine or check out the Tovertafel (Magic Table).

We welcome donations to sell and applications from new volunteers.

We will also be announcing new groups and sessions to be held at Forget-me-Knot very soon.



Project 73

A social group aimed towards people aged 18-35 on the autistic spectrum who require minimal or no support.



The group plan in advance the activities they would like to do such as eating out, film nights, games nights and laser quest. To find out more please visit their Facebook page or contact the coordinator Kate Inglis on 07802 654 996.

[www.facebook.com
/project73group/](https://www.facebook.com/project73group/)

The group usually meet on **Tuesday evenings** at 7pm



Come along with us for an 70's, 80's and 90s weekend spectacular at the brilliant Unity Resort Park in Brean Sands with Half Board (breakfast and evening meal) in gold mobile homes (own bedrooms) this is sure to be a weekend of musical fun.

£50 deposit asap to guarantee a place.

Where: Brean Sands Unity Park
When: 20th—23rd March 2020
What: 3 Nights half board (Friday to Monday)
Cost: £290 per person
To Book: Contact The Ark on 01344 266899
We now take: 



Registered address: Trax, Mill Rise, Off Fernbank Road, Ascot SL5 8W
Charity Reg. Number: 1098204
Company Number: 04504955

hollywood bowl 

All Ark Community members can now get 2 games of bowling and a soft drink for £3.89 on

Fridays (term time only) between 10 am and 5pm.

You will need a card from the Ark to qualify for this offer.

So whether you have come to an Ark session, now or in the past, or are registered with Signal4Carers you can get this



**STAY UP
LATE**

To find out what the Berkshire 'Night Owls' are up to and to sign up to their newsletter, contact the Ark office on 01344 266899

FRIDAY NIGHT PROJECT

When: Fridays, 7.00pm – 9.00pm

Where: St Crispin's leisure centre, Wokingham

Cost: £5 per week (pay-as-you-go). Carers/support go FREE

Friday Night Project is a weekly social group for people with disabilities.

It runs a loyalty card scheme. For every 9 visits, your 10th time is **FREE!**

There is a licensed bar available plus we also have a tuck shop run by volunteers.

Please bring support if you need it!



Keeping safe

All staff, tutors and volunteers have an enhanced DBS check and undergo regular Safeguarding Adults Training.

We require people who attend regular sessions and holidays to provide us with information to keep themselves and others safe.

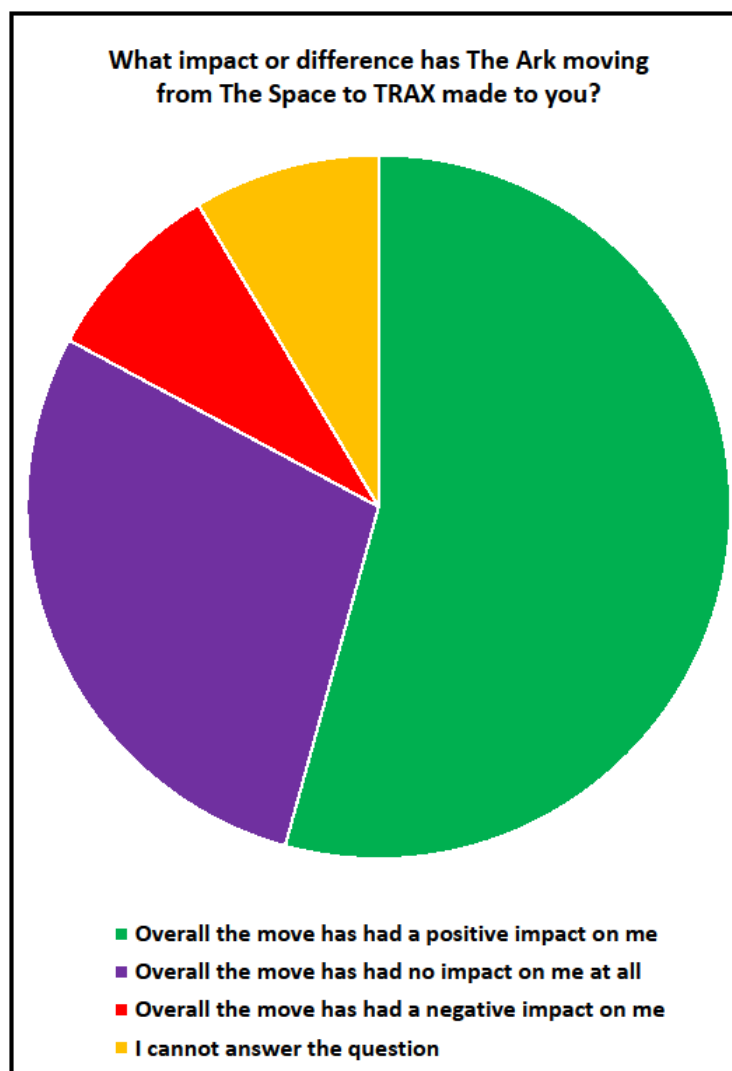
This will include an emergency contact in case a session or activity has to be cancelled.

Ark Assembly

People from all of the projects and activities the Ark run were invited to join the assembly. About every 2 months they are sent a question to answer. This helps us know what people think about our services and ideas for the future. This is important as we are a 'User-led' organisation.

In October we asked people if our move to TRAX had made any impact or difference to them.

It is not too late to join the assembly. Every time you answer a question you are entered into a FREE prize draw. Contact the office if you are interested.



Contact information



Tel 01344 266899

Email info@theark.org.uk

Charity Name:	The Ark Trust
Registered Charity Number:	1098204
Charity's principal address:	TRAX, Mill Ride (off Fernbank Road), North Ascot, Berkshire, SL5 8JW

