

Encourage



Wokingham Borough Newsletter

May 2016

An Introduction

Welcome to **Encourage**; the first monthly Faith in the Community Wokingham Borough newsletter. Each month we will be sharing projects, groups and support systems provided by Christians across the Borough. This is your resource; to tell the community what you are doing and to find out what might be useful for people you are supporting. Share this on your website, within your own communications and across the social media networks AND keep sending us your good news.

Each month **Encourage** will have focus on one area of need being tackled in our community. This month...

Loneliness

Loneliness and social isolation is in the news headlines almost every week, yet it is a growing problem and is often suffered in silence. Thankfully Christians across Wokingham Borough are recognising the need for simple missional actions based on friendship and growing community across the generations.

*Collecting and sharing
social action and
community development
projects and all good news,
between Churches in
Wokingham Borough and
other Christian Groups
and Agencies*

<http://faithinthecommunitywokingham.co.uk>



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Link Visiting Scheme

The Link Visiting Scheme is a registered charity based on Christian principles whose aim is to combat social isolation among older people. They have been operating in the Wokingham Borough since 1998 and are now working to develop similar schemes in partnership with churches across the UK.

The reduction in loneliness is achieved through regular home visits and a variety of additional events and activities which enable 'Link Friends' to engage with a wider circle of support and to gain new skills. These include 'Understanding Computers Courses, Pie and Pint Clubs, Singing Groups, and a Bowls club. The scheme supports more than 150 older people each week through home visits or involvement in other activities.

If you are a friend, neighbour or a member of an organisation and would like to refer someone onto the scheme, you should in the first instance discuss it with them and if they are interested then contact Link Visiting Scheme at

Tel: 0118 9798019

Email: admin@linkvisiting.org

<http://linkvisiting.org/using-our-services/>

Wednesday Space Dementia Friendly Service

A short, informal service of Holy Communion, especially for people living with dementia accompanied by their carers at St Nicolas Church Earley.

2nd Wednesday of the month at
2.30pm: 11th May, 8th June.

For more information contact
Wendy Neale
Sutcliffe Avenue, Earley,
Reading, RG6 7JN

Tel: 0118 966 9080

Alzheimer Café Wokingham

The Alzheimer's Café opened in May 2015. In 2016 the Café will meet fortnightly on Wednesdays from 2.00 to 4.00pm on

25th May

8th June

22nd June

Wokingham Methodist Church
Bradbury Centre Meeting Place,
Rose Street, Wokingham
RG40 1XS.

For more information contact
Andy Knight:
0118 977 6898

Alzheimer's Café Woodley

The Alzheimer's Café is held every month from 7.30pm to 9.30pm.

The café invites people with dementia, families and carers to enjoy a night out and to discuss the issues relevant to the person with dementia while offering support.

The Day Centre, South Lake Crescent, Woodley

For more information contact Sue Patterson
Tel: 0118 9699428

Board Game Café



Board Games
Café

Every Other Tuesday
10-12am
at
St Nicolas Church
Sutcliffe Avenue
Earley
Tel: 0118 966 9080
Everyone Welcome

Games, Chat,
Coffee & Cake
St Nicolas

Next café: 17th May
10am to 12 noon

Parent and Toddler Group



<http://faithinthecommunitywokingham.co.uk>

Toddler Groups

New Parents can be lonely too

When we think about loneliness we tend to think about older people, or those living with illness or disability; but becoming a new parent can be an isolating time. Many new mums and dads find that they spend a lot of time alone with their baby and long to meet other parents in similar situations.

Across Wokingham Borough dozens of churches run toddler groups and services where parents, grandparents and carers are able to bring their babies, toddlers and pre-school aged children to play. These groups provide invaluable companionship and support to new parents and are often the start of a journey of faith for the whole family.

If your church runs a toddler group then contact us on Facebook, Twitter or by email with the details. We will compile all the local groups onto one list and make it available for you to share. Together we can support new parents who feel lonely.

Cake Bombing New Communities

We have a steady stream of new residents coming into newly built properties across Wokingham Borough. Wouldn't it be nice, if somebody just knocked on the door with no ulterior motive other than to welcome them to the area and wish them well. It is a great way to combat the loneliness of moving into a new house in a new area.

That is what churches are starting to do across Wokingham Borough and the response from the recipients has been almost universally positive. The first local Cake Bombing was in 2015 "we found everyone to be very friendly, and often quite chatty - if slightly bemused at being welcomed to Woosehill a year after they actually moved in!"

Since then a number more cake bombings have taken place across Wokingham Borough providing a friendly and tasty welcome to people moving into the community.

Do you have new people moving into housing near you?

Could you get baking and spread the joy of Cake Bombing?



And Finally.....

June's **Encourage** Focus is..... Summer Holidays
Tell us what you are doing in your community over the summer

Contact Us

If you have a good news story to share across Wokingham Borough then get in touch

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