



CLASP stands for **Caring, Listening And Supporting Partnership.**

We are a self-advocacy organisation for people with learning disabilities in the Wokingham Borough.

Welcome to our new monthly update **January 2017**

Join us for a **Big Breakfast!** On Tuesday 14th February, CLASP members will be teaming up with volunteers from the Wokingham Methodist Church to serve delicious breakfasts.

All money raised will split between CLASP and **Younger People With Dementia** (a local charity chosen by our members)

We look forward to seeing you there!



We are delighted to announce that **CLASP Community Choir** have started singing again with Dorian and Sing Healthy Choirs. We are currently rehearsing such songs as 'Karma Chameleon', 'Summer Holiday' and 'Reach For The Stars', which has got everybody animated and feeling very happy.

We will be performing in March for Comic Relief and look forward to announcing more dates and information soon.



Our 10 week **Healthy Living Project**, funded by Healthwatch Wokingham has now come to an end. We covered many topics that were all about looking after our bodies and minds. During the project we tried lots of activities and discussed our thoughts and feelings about them, such as practising accessible exercises and what exercise does to our bodies. We also thought about calories and sugar intake and the impact of sleep, personal hygiene and taking time to be mindful.

This project was very important to members of CLASP, as all the information was appropriate and realistic towards making a real positive change.



Dates and things to remember:

Waitrose Wokingham have chosen CLASP as one of the charities for their 'Community Matters Scheme'. So if you would like to support us you can now vote with your green tokens!

See Ability workshop - 15th February at Bradbury Centre in Wokingham (10 am - 2:30pm)

Disability Sports Taster Day 2017 - 15th March at Loddon Valley Sports Centre (10 am - 3 pm)

CLASP, Upper Room, Wokingham Methodist Church, Rose Street, Wokingham, RG40 1XS

Office Tel: 01189 796 364 Mobile: 07780 749 453



Website: www.wokinghamclasp.org.uk

Email: admin@claspwokingham.org.uk

