



# April 2023

## News and Information



### You are invited to our Coronation Party

**When:** Friday 5th May, 1pm-4pm

**Where:** TRAX, Mill Ride (off Fernbank Road), North Ascot, SL5 8JW

**Cost:** £10 (For support workers there is a food only option costing £5)

**Dress Code:** Red, White and Blue



Food - **Games** - Goody bag - **Coronation Mug** - Flag - **Music** - Crown



Please contact the office on 01344 266899 to book and pay for your place. We will also need to know if you have any dietary requirements (allergies etc.) Places are limited so please book as soon as possible.



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

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



## The Night Owls

Berkshire's Stay Up Late group, the Night Owls, are meeting up in the community again!

To make sure you get all the invitations to meet ups, contact the office to be added to their mailing list.

## FRIDAY NIGHT PROJECT

Friday Night Project is open from 7pm-9.30pm as we are supporting the #nomorebedtimes campaign. Entry remains £5. There is not a tuck shop or bar so please bring your own drinks and snacks.

St Crispin's Leisure Centre, Wokingham, RG40 1SR

## Regular Sessions

### **Drama**



Join Kellie for fun activities, singing, dancing and drama games suitable for all.

If you usually have support please bring them with you.

You will need comfy clothing and a packed lunch

Spring term start date: **WEDNESDAY 19th April**

12 weeks (+ half term break)

**Wednesdays**

**9.45am-2.15pm**

Cost per term: £200

Location: TRAX

### **Tovertafel**



Tovertafel is a Magic Games Table; interactive games and activities to enjoy in a small group.

Session runs all year round.

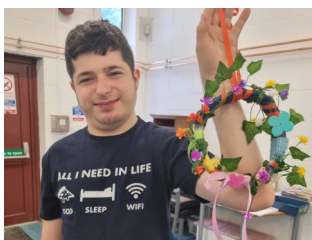
**Thursdays**

**1pm-2.30pm**

Cost per session: £5

Location: Forget-me-Knot

### **Crafty Coffee**



All materials are provided as well as hot drinks and biscuits.

Each term is 6 weeks long—next start date is

**FRIDAY 21st April**

**Fridays**

**10am-12 noon**

Cost per term: £43

Location: TRAX

**FESTIVAL GREEN MACHINE ARE GOING TO ..**



**27TH APRIL-1ST MAY  
2023  
BLANDFORD FORUM**

**VOLUNTEER WITH  
US!**

**You will be part of an amazing team, recycling, litter picking and keeping the festival all smart and shiny!**

**We volunteer for about 5 hours a day, then the rest of the day is yours to rock out!**

**If you want to be part of the team, please send us an email or message us on Facebook  
[greenmachineevents@theark.org.uk](mailto:greenmachineevents@theark.org.uk)  
[@festivalgreenmachine](https://www.facebook.com/festivalgreenmachine)**

**WORK HARD, ROCK HARD!**



Registered address:- Trax , Mill Ride, Off Fernbank Road , North Ascot SL5 8JW  
CIO Number-1098204

**Festival  
Green  
Machine**

# OUT AND ABOUT COMMUNITY CLEAN UP



**WHEN-** Monday 24th April 2023

**WHERE-** Forget-Me-Knot  
Shop 9 Wildridings Square RG12 7SJ

**TIME-** 12.30pm-2pm, meeting inside the shop.

We would love your help with a local litter-pick starting from our shop 'Forget-Me-Knot'.

We will be out litter-picking for an hour then go back to the shop where Adam and Neil can make everyone tea and cake!

Everything will be provided, just bring yourself.

Please call Kate or message her on 07802 654996 to let her know if you are coming.

The Ark staff are not replacement carers/ support workers so if you usually have support then please bring somebody with you.

We look forward to seeing you then.





**Project 73 is based in Bracknell Forest and is a social group for adults between the age of 18 and 35 on the Autistic spectrum who require minimal or no support from social care.**

**This social group setting provides activities and peer support that helps to develop self-advocacy skills, opportunities to make friends and much more.**

**Activities are always based on the group's choices and then sent out as a monthly calendar of events.**

**All attendees pay for their activity and there is a £2 fee for attending which covers staff costs.**

**We have attended events such as Comic-Con, gaming days and festivals and are looking forward to attending many more events together.**

**Project 73 has a Facebook page where a monthly calendar of events and information on our other activities are posted.**



**Project 73 Plus is the next step from Project 73 and is aimed at adults over 30 on the Autistic spectrum.**

**We meet on the First Wednesday of every month at South Hill Park Atrium bar from 7pm - 9pm.**

**South Hill Park is located in Bracknell and the postcode is RG12 7PA.**

**There is a £2 fee for attending which covers staff costs.**

**Please let us know if you are planning on attending.**

**If you wish to discuss either group with us then please find the contact details below-**

**Telephone Kate (Activities coordinator) 07802 654996**

**Email : [project73@theark.org.uk](mailto:project73@theark.org.uk)**

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



Registered address:- Trax , Mill Ride, Off Fernbank Road , North Ascot SL5 8JW  
CIO Number—1098204



## 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**

SIGNAL provides support to unpaid carers who live in Bracknell Forest or help and support someone who lives in Bracknell Forest.

You can contact us on **01344 266088** or visit the website **[www.signal4carers.org.uk](http://www.signal4carers.org.uk)** or find us and follow us on Facebook or twitter.

## Keep your contact details up to date

It is really important, that if you change your address, email or phone number, you let us know as soon as possible. This will help us keep in contact with you.

This is even more important at the moment as we may need to change our plans at short notice due to COVID etc.

### Email

If you have an email address you check regularly, help us keep costs down and get information to you quickly by giving us your email address.

# Contact information



**Tel 01344 266899**

**Email [info@theark.org.uk](mailto:info@theark.org.uk)**

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



*Taken at the Night Owls visit to the Acoustic Couch, Bracknell in March*