

JULIES' GARDEN PROJECT



Julies' Garden Project aims to make a real difference in our local community, by growing awareness of learning disability, creating new opportunities through development of a horticultural facility at the Enborne Gate site in Newbury, and encouraging volunteer support.

What is learning disability?

Meet two of Julies friends, Susie and George...

Just over 1 in 50 people, like them, suffer from learning disability. That's'

- Over 1.4 million people in the UK, or
- Over 3,500 people in West Berkshire - 875 children and 2,175 adults of working age.

Learning Disability occurs when there are early problems with the development of a child's brain. This can be due to: Genetic conditions (e.g. Downs Syndrome), Birth conditions (e.g. when a baby doesn't get enough oxygen during child birth; or sometimes as a result of an accident.



Susie

George

The Learning Disability means people like Susie and George have difficulty learning, understanding and communicating, and in living independently. In addition, people like Susie and George are often not valued the same as others, listened to or involved.

So what's it like being like Susie or George?

YELLOW BLUE ORANGE
BLACK RED GREEN
PURPLE YELLOW RED
ORANGE GREEN BLACK
BLUE RED PURPLE
GREEN BLUE ORANGE



Well, that's hard to describe, but try two simple tests that might help you get an idea.

For the first test, try reading out-loud the colours on the slide with Susie – but read the colour the words are written-in, not the words ... tricky isn't it. You know what you have to do, but your brain wants to do something else.

OK, so let's try something a bit easier with George. All you have to do is quickly count up the number of F's in this sentence.

Believe it or not there are actually 6 F's in the sentence. Most people miss the F's in the word "of" because we pronounce this as "ov" so our brain skips right over this when we are looking for the "F" Again, we know what to do but our brain can miss things.

Of course, the fact you might have had some difficulties with these tasks doesn't mean you are less of a person, but imagine what it would be like if others really thought you were less of a person because of your difficulties? Imagine what it would be like if they didn't value you the same as other people, listen to you or involve you. For people like Susie and George, this can have consequences:

- Only 1 in 3 take part in some form of education or training
- They are twice as likely to get bullied regularly
- 40% of them live in poverty, and
- Their life expectancy can be significantly reduced, and they often experience associated medical complications.
- 70% of families can reach breaking-point due to a lack of support.



FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS.

How will Julies Garden help?

Children's Services  <ul style="list-style-type: none">• Bubble Club• Active Zone (After School Club)• Funky Thursday• Play Schemes• Residential Holidays	Adult Day Services  <ul style="list-style-type: none">• Link-Up• Growing 4 All• Gateway Clubs• Leisure Plus• Friendship Skills Group
Family Advisory Service  <p>Helps people achieve the services and support that they are entitled to</p>	Domiciliary Care & Housing  <p>Assistance with living as independently as possible</p>

West Berkshire Mencap is so important for people like Susie and George. Their vision is for a world where they are valued equally, listened to and included. Mencap works towards that vision by providing a range of high-quality services such as children's services, adult day services, family advisory services and domiciliary care and housing.

West Berkshire Mencap owns land behind the main Enborne Centre and now has secured planning permission to set up a horticultural therapy project (Julies Garden) that will:

- Provide facilities for over 50 vulnerable adults and over 100 children each week, to learn about nature and develop important life skills to help them grow and live more independent lives.
- Allow West Berkshire Mencap to provide existing and enhanced services in a safer, more cost effective and efficient way than was previously possible; making the best use of valuable resources.
- Facilitate the greater involvement of volunteers to help support their work within the local community.

How can you help?

You can help by making a donation or why not organise your own “Rotary Tea Time”

“Rotary Tea Time” is fun event, where you buy (or better still make) a cake for your friends and/or colleagues, and invite them to share it with you during a tea-break, and collect a donation for Julies Garden Project to be submitted via Newbury Rotary Club Website.

We'd love you hear about your “Rotary Tea Time” and your cake recipes. Please share these with us and so we can publish them on the website so others to take a look at.