

NAME: _____

WELLBEING ACTIVITY DIARY - DECEMBER 2017



GENERAL SUPPORT		Slough Advice Centre	0344 515 1380 sloughadvicecentre.org.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		Carers Support	01753 303428 sloughcarerssupport.co.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		The Silver Line	0800 4 70 80 90	The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year.	24 hours
Date	Time	Event	Organisation	Location	
Mon, Tue, Wed	from 10.00-14.00	Wexham Lunch Club	Age Concern	Wexham Parish Council Hall, Norway Drive, Slough,	
Mon, Tue, Thu	from 09.00-15.00	Cippenham Lunch Club	Age Concern	The Royal British Legion, Brook Path, Slough, SL1 5EJ	
Monday	10.00-13.00	Farnham Common Exercise Session	Age Concern	Farnham Common Village Hall, Victoria Road, SL2 3NL	
Friday	from 10.00-13.00	Exercise, mind based activities, light lunch	Age Concern	Evreham Sports Centre, Swallow Street, Iver, SL0 0HS	
Mon - Fri	from 8.00 -15.00	Breakfast / Lunch Club / Day Centre/ Chiropody / Access to GP & District Nurses / Exercise Classes	Age Concern	Villiers Road, Slough, SL2 1NF	
Mon - Fri	from 9.00—15.00	Activities / Chiropody / Information & Advices Services / Hairdressing / Exercise Classes / IT Training	Age Concern	The Village, 102-110 High Street, Slough, SL1 1HL	
Tue	from 10.00 - 13.00	Stoke Poges Health & Exercise Sessions - Exercise, mind based activities, light lunch	Age Concern	Stoke Poges Village Centre, Rogers Lane, Stoke Poges, SL2 4LP	
1st Wed of each month	12:30	Former Carers Lunch Club	Alzheimers Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN	
Friday	10:30	Singing for Pleasure	Alzheimers Dementia Support	King Edwards Hall, King Edwards Road, Ascot SL5 8PD	
Wednesday	10:30—12:00	Singing for the Brain alternating with Movement for the Mind	Alzheimers Society	Cippenham Community Centre Earls Lane SL1 5DJ	
17th Dec	12 noon Onwards	Christmas Pantomime	Alzheimers Dementia Support	Desborough Suite, Town Hall, Maidenhead	
21st Dec	11am Onwards	Christmas songs at the maidenhead Drop—in	Alzheimers Dementia Support	High Street Methodist Church, King Street, Maidenhead. SL6 1EF.	
15th Jan	1pm Onwards	New Years Lunch	Alzheimers Dementia Support	Bird Hills Golf Club, Drift Road, Hawthorn Hill, Maidenhead SL6 3ST (off A330)	
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Kedermister Hall, Kedermister Park, 154 Reddington Drive, Langley SL37QD	
ActivEyes	Various	Range of social activities for visually impaired including Tenpin bowling, walks / quizzes	Berkshire Vision	Various	

Eat 4 Health courses are delivered in local, community venues including leisure centres and community centres across Slough: www.eat-4-health.co.uk

3rd Wed of each month	13:00-15:00	Carers Group	Cippenham Carers Group	Cippenham Carers Group, Cippenham Baptist Church, 11 Elmshott Lane, Slough, SL1 5QS
Thursday	10.00-12.00	Destiny Support & Skills Club	Destiny Support	Chalvey Community Centre
Mon	14:45 – 15:15	Seated Exercise	Get Active	Cippenham Library, Elmshott Lane, SL1 5RB
Tue	11:00 – 12:00	Seated Exercise	Get Active & Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP
Wed	Various times	Seated Exercise	Get Active	Varied locations. Contact Get Active on 01753 875177
Wed	10.30-11.00	Healthy Walk	Living in Harmony	Walk to Herschel Park—Meet at The Curve
1st Tue of each month	14.00-16.00	Diabetes/Stroke/Heart Disease Health Check	Living in Harmony & Solutions for Health	Community Room, Slough Tesco, Wellington Street, Slough
6th December	11.00-13.00	Cancer Support Group	Meet & Mingle	St Mary’s Church Hall, Church Lane, Wexham, Slough, SL3 6LH
1st December	12.30-14.30	Carers Support Group	Meet & Mingle	29 Church Street, Slough, Berkshire, SL1 1PL
Mon	14.00-16.00	Weekly Drop In	Men’s Matters	All Saints, Dedworth
Tue	14.00-16.00	Weekly Drop In	Men’s Matters	Longwood House, Langley
Every Wednesday	12.00-14.00	Pakistani Welfare Association Lunch	Pakistani Welfare Association	Darvills Lane, Slough SL1 2PH
Tue and Thu	19.00-23.00	Music, Games and Social	PALS	Stoke Park Trust, George Brooker Centre, SL2 1LU
Sun	17.00-19.00	Gym and Swim	PALS	Stoke Park Trust, George Brooker Centre, SL2 1LU
4th Thu of each month	19.00-21.00	Support Group	Slough Bipolar UK	The Quaker Meeting House 74 Ragstone Road, Slough SL1 2PX
Tue	11.00-12.00	Yoga	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX
Thu	12.00-13.00	Keep fit	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX
Last Thu of each month	12.00-13.00	Subsidised lunch and transport to restaurant	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX
Every Tuesday	14.30-15.45	Tuesday Fellowship Group	Tuesday Fellowship	Cippenham Baptist Church

Contact these groups for more information and further events, training and social activities

Age Concern:	07742090444	Meet & Mingle (Term times only):	07732 632637	Special Voices:	07990693439
Alzheimers Dementia Support:	07543243613	Participation, Association, Leisure & Sport (PALS):	07990 577 776	Macmillan Cancer Information and Support Centre:	01753 634 886
Alzheimer’s Society Befriending Service -Liz Barr:	01628 626 331	Slough Older Peoples’ Forum:	01753 536 906	Community Learning and Skills Centre:	01753 476 611
Alzheimer’s Society:	01628 626 331	Slough Senior Citizens Group:	01753 537 996	Get Active Slough, SBC:	01753 875 177
Art Classes:	isabelhuntart@gmail.com	WEA:	01753 554 456	Destiny Support:	01753 552 271
Living in Harmony:	07846 312831	Berkshire Vision:	0118 987 2803	Apna Virsa:	07598 533336
Pakistani Welfare Association:	01753 821 003	Men’s Matters:	07843 554 734		apnavirsaproject@gmail.com