

NAME: _____

WELLBEING ACTIVITY DIARY - February 2018



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 10.00-14.30	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	Manor Park Day Centre Breakfast / Lunch Club/ flower arranging/ quizzes/ garden club/ bingo/ arts and crafts/ board games/ Day trips/ Chiropody / Access to GP & District Nurses / Exercise Classes / Transport there and back	Age Concern	Villiers Road, Slough, SL2 1NF
Mon - Fri	from 9.00—15.00	Slough Resource Centre Activities / Chiropody / Information & Advices Services / Hairdressing / Exercise Classes / IT Training / roof garden with raised flower beds / Entertainers for themed days / board games / quizzes / flower arranging/ bingo/ exercise classes / Day trips	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	12:15pm	Former Carers Lunch Club Contact Terrie to book	Alzheimers Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN
Friday (School term time only)	10:30—12.00	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

NAME: _____



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
All Days	All times	Alzheimers befriending	Berkshire Alzheimers society	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331
Tue 27 th Feb	2:00 – 3:30pm	Dance back in Time	Berkshire Alzheimers society	High View, 6 North Road, Maidenhead SL6 1PL.
Mondays— Starts 8 th Jan	2:30 – 3:30	Free Zumba – 10 week trial	Sport in Mind	29 Church St, Slough SL1 IPL, through the side gate and round the back to the right
2 nd Feb	N/A	Water in the Body	Meet and Mingle	For more info call Aksa Marshal - 07732632637
Wed 28 th Feb	10:30am	Cinema Trip	Meet and Mingle	Meet outside Empire Cinema, Slough—For more info call Aksa Marshal - 07732632637
Monday / Thursday	10 – 11am	Yoga / seated exercises	Future Foundations with Get active	53-55 Furnival Avenue, Slough, SL2 1DH
Thursday	10.00-12.00	Destiny Social & Skills Club	Destiny Support	Chalvey Community Centre, The Green, Slough, SL1 2SP
Last Thu of each month	12.00-13.00	Subsidised lunch and transport to restaurant	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX
Thursday	10.00-13.00	Basic Computer Skills	Slough Food bank Activities	Destiny Support, Chalvey Community Centre, Chalvey Pavillion, The Green, Chalvey SL1 2SP
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 Times	Range of social activities for visually impaired including Tenpin bowling, walks / quizzes / Transport	Berkshire Vision	Various Locations
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

Second Wed of each Month	14.00	Slough U3A Walks Between 2 - 3 miles	U3A	Various Locations
Tuesday	11.00 - 15.00	Create & Craft (FREE)	U3A	Andrew's Methodist Church, Merton Road, Slough SL1 1QW
Thursdays	10.30	Bridge for Fun Alternating with Table Tennis & Darts	U3A	Mencap Centre, Common Road, Langley SL3 8JU
Tue	11:00 – 12:00	Seated Exercise	Get Active & Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP
Mon - Fri	Various times	Seated Exercise	Get Active	Varied locations. Contact Get Active on 01753 875 784
Wed	10.30-11.00	Healthy Walk	Living in Harmony	Walk to Herschel Park—Meet at The Curve
Every Monday	16.15-18.30	NHS Health Checks—General Health assessments / Cardiovascular Disease Prevention	Solutions 4 Health	Community Room, Slough Tesco, Wellington Street, Slough
Tuesday	10.30 - 12.00	Seminar on healthy eating and stress free living	Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP
Mon, Tue, Wed	14.00-16.00	Weekly Drop In—Social group, advice and info and days out	Men's Matters	Mon - All Saints Church, Corner Dedworth Rd, Clewer Hill Windsor SL4 5JW. Tue - Longwood Park Community Centre, Common Road, Langley, Slough SL3 8TN Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead SL6 1SH
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 / Thur	11.00-12.00	Yoga / Keep fit Exercises	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	14.15-15.45	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:	07543 243 613	Participation, Association, Leisure & Sport (PALS):	07990 577 776	Macmillan Cancer Information and Support Centre:	01753 634 886
Terrie number:	07516 165 647	Alzheimer's Society Befriending Service -Liz Barr:	01628 626 331	Slough Older Peoples' Forum:	01753 536 906
Alzheimer's Society:	01628 626 331	Slough Senior Citizens Group:	01753 537 996	Community Learning and Skills Centre:	01753 476 611
Art Classes:	isabelhuntart@gmail.com	WEA:	01753 554 456	Get Active Slough, SBC:	01753 875 177
Living in Harmony:	07846 312831	Berkshire Vision:	0118 987 2803	Destiny Support:	01753 552 271
Pakistani Welfare Association:	01753 821 003	Men's Matters:	07843 554 734	Apna Virsa:	07598 533336
				U3A	07903021711