

NAME: \_\_\_\_\_

# WELLBEING ACTIVITY DIARY - JULY 2018



<b>GENERAL SUPPORT</b>		<b>Slough Advice Centre</b>	0344 515 1380 sloughadvicecentre.org.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		<b>Carers Support</b>	01753 303 428 sloughcarerssupport.co.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		<b>The Silver Line</b>	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 9.00-15:00	Wexham Lunch Club	Age Concern	Wexham Parish Council Hall, Norway Drive, Slough, SL2 5QP—07846 434 610	
Mon, Tue, Thu	from 09.00-15.00	Cippenham Lunch Club	Age Concern	The Royal British Legion, Brook Path, Cippenham, Slough, SL1 5EJ - 07954 042 071	
Monday	10.00-13.00	Farnham Common Exercise Session	Age Concern	Farnham Common Village Hall, Victoria Road, SL2 3NL—07742 090 444	
Mon - Fri	9.00 -15.00	<b>Old Windsor Companion Centre</b>  Exercise classes, art groups, tai chi, bowls, memory café, outings, Lunches, Hairdressers, Toil Nail care, Tea, Coffee and a chat.	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW— 01753 854117	
Mon - Fri	9.00—14.00	<b>Village Resource Companion Centre</b>  Activities / Chiropody / Information & Advices Services / Hairdressing / Exercise Classes / IT Training / bingo  Call into for a cup of tea and a chat, meet with friends, participate in activities or find out about what is going on within the local community.	Age Concern	The Village, 102-110 High Street, Slough, SL1 1HL—01753 497 874	
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—01753 822 890	
1st Wed of each month	12:15pm—2:30pm	Former Carers Lunch Club Contact Terrie to book	Alzheimer's Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN	
Monday (School term time only)	1:00—2.30	Singing for Pleasure	Alzheimer's Dementia Support	Holy Family RC Church in the St Joseph's room, 226 Trelawney Avenue, Langley SL3 7UD	
Wednesday	10:30—12:00	Singing for the Brain alternating with Movement for the Mind	Alzheimer's Society	Cippenham Community Centre Earls Lane SL1 5DJ—Annabell - 01628 626 331	

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Date	Time	Event	Organisation	Location
All Days	All times	Alzheimer's befriending	Berkshire Alzheimer's society	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331
Last Tuesday of the Month	2:00 – 3:30pm	Dance back in Time	Berkshire Alzheimer's society	High View, 6 North Road, Iver, Maidenhead SL6 1PL.—01628 626 311
Various	Various	Bhangra Aerobics, Bhangra dance adults and children, exercise classes 50*, community events, confidence building with arts, heritage and culture projects.	Apna Virsa	Holy Family Church, St. Joseph's Hall. 226, Trelawney Avenue, Langley. SL3 7UD.—07598533336
Monday / Thursday	10 – 11am	Yoga / seated exercises	Future Foundations with Get active	53-55 Furnival Avenue, Slough, SL2 1DH
Monday	10:30—2pm (term time only)	Activities group—arts and crafts, drama workshop, cognitive stimulation therapy, maintain skills, skittles, walking. Yoga, computer games and quizzes	Berkshire Alzheimer's society	Highview, 6 North Road, Maidenhead SL6 1PL—01628 626 331
Thursday	10.00 -12.00	Destiny Social & Skills Club	Destiny Support	Chalvey Community Centre, The Green, Slough, SL1 2SP
2nd Tuesday each month	11: 00—1:00pm	Langley Stroke group	Langley neighbourhood Forum	St Francis Church
Thursday	10.00-13.00	Basic Computer Skills	Destiny Support	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	Guide hut, 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— 0118 987 2803
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



**Bhangra Chronicles — Starting soon!**

An exciting project to learn, understand and share the rich cultural heritage of Bhangra and Gidha dance as well as English folk dances. With free classes, research projects, live performances, day trips and volunteering opportunities. For more information or to register e-mail [apnavirsaproject@gmail.com](mailto:apnavirsaproject@gmail.com) or call **07598 533336**.

Various Days	Various Times	Slough U3A - Art appreciation, Book club, Walks , Bridge for fun, cookery, creative writing, drawing, outings, theatre and cinema	U3A	Various Locations— Become a member and contact U3A on <b>07903021711</b>
Tuesday	11.00 - 15.00	Create & Craft (FREE)	U3A	St. Andrew's Methodist Church, Merton Road, Slough SL1 1QW
Thursdays	10.30—12:30	Bridge for Fun Alternating with Table Tennis & Darts	U3A	Mencap Centre, Common Road, Langley SL3 8JU
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
16th July	11.30—13.30	End of Term Party	Meet and Mingle	Chalvey Community Centre
18th July	12.30—14.30	Tennis	Meet and Mingle	Salt Hill Park
19th July	10.00—13.00	Cycling	Meet and Mingle	Salt Hill Park
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 - 01753 382 1003
4th Thu of each month	19.00-21.00	Support Group	Slough Bipolar UK	The Quaker Meeting House 74 Ragstone Road, Slough SL1 2PX - 0333 323 3880
Tue / Thu	11.00-12.00	Yoga / Keep fit Exercises	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537 996
Tuesday	10.30 - 12.00	Seminar on healthy eating and stress free living	Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP

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

<b>Age Concern:</b>	<b>07742090444</b>	<b>Meet &amp; Mingle (Term times only):</b>	<b>07732 632637</b>	<b>Special Voices:</b>	<b>07990693439</b>
<b>Alzheimers Dementia Support:</b>	<b>07543 243 613</b>	<b>Participation, Association, Leisure &amp; Sport (PALS):</b>	<b>07990 577 776</b>	<b>Macmillan Cancer Information and Support Centre:</b>	<b>01753 634 886</b>
<b>Terrie number:</b>	<b>07516 165 647</b>	<b>Alzheimer's Society Befriending Service -Liz Barr:</b>	<b>01628 626 331</b>	<b>Slough Older Peoples' Forum:</b>	<b>01753 536 906</b>
<b>Alzheimer's Society:</b>	<b>01628 626 331</b>	<b>Slough Senior Citizens Group:</b>	<b>01753 537 996</b>	<b>Community Learning and Skills Centre:</b>	<b>01753 476 611</b>
<b>Art Classes:</b>	<b>isabelhuntart@gmail.com</b>	<b>WEA:</b>	<b>01753 554 456</b>	<b>Get Active Slough, SBC:</b>	<b>01753 875 177</b>
<b>Living in Harmony:</b>	<b>07846 312831</b>	<b>Berkshire Vision:</b>	<b>0118 987 2803</b>	<b>Destiny Support:</b>	<b>01753 552 271</b>
<b>Pakistani Welfare Association:</b>	<b>01753 821 003</b>	<b>Men's Matters:</b>	<b>07843 554 734</b>	<b>Apna Virsa:</b>	<b>07598 533336</b>
				<b>U3A</b>	<b>07903021711</b>