

NAME: _____

WELLBEING ACTIVITY DIARY - DECEMBER 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 9.00-15.00	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
21st December 18	from 10.00-13.00	Christmas Party Pre-bookable	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW— 01753 854117 Ann Hill
Mon - Fri	9.00 -15.00	Old Windsor Companion Centre Exercise classes, art groups, tai chi, bowls, memory café, outings, Lunches, Hairdressers, Toile Nail care, Tea, Coffee and a chat.	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW— 01753 854117 Ann Hill
Mon Wed and Fri	9.30—15.00	Activities / Chiropody / Information & Advice Services / Hairdressing / Exercise Classes / IT Training	Age Concern	The Village, 102-110 High Street, Slough, SL1 1HL
Tue	10.00 - 13.00	Stoke Poges Health & Exercise Sessions - Exercise, mind based activities, light lunch	Age Concern	St Andrews Church 2 Merton Road SL1 1QW
1st Wed of each month	12:15:14.30	Former Carers Lunch Club	Alzheimers Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN
Mon (School term time only)	13.00—14.30	Singing for Pleasure	Alzheimers 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	Alzheimers Society	Cippenham Community Centre Earls Lane SL1 5DJ— Annabell - 01628 626 331
3rd Wednesday of the month	12.30	Lunch (Gentlemen's Lunch Club)	Mates with Plates & Ladies Lunch Club) Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead
12th Dec 18	12.30 - 13.15	Communication -Bite Size Training Dementia Awareness Training	Alzheimers Dementia Support	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331

2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kedermister Park, 154 Reddington Drive, Langley SL37QD
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
Thu	10.00 -12.00	Destiny Social & Skills Club	Destiny Support	Chalvey Community Centre, The Green, Slough, SL1 2SP
Mon - Fri	Various times	Seated Exercise	Get Active	Varied locations. Contact Get Active on 01753 875 784
2nd Tue of each month	11.00-13.00	Langley Stroke group	Langley Neighbourhood Forum	St Francis Church, London Road, Langley, SL3 7LN
20th Dec 18	12.00-13.30	Charity Event for Food Bank	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537 996
Tue	10.30-12.00	Seminar on healthy eating and stress free living	Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP
Wed	10.30-11.00	Healthy Walk	Living in Harmony	Walk to Herschel Park—Meet at The Curve
Mon, Tue, Wed Closed 20th Dec- 6th Jan 19	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 SJW. Tue - Longwood Park Community Centre, Common Road, Langley, Slough SL3 8TN Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead
29th Dec 18	18.00	Christmas and New Year Musical Evening Book in advance	Meet & Mingle	The Curve ,William St, Slough Contact Aksa Marshal 07732632637
Every Wed	12.00-14.00	Lunch Club	Pakistani Welfare Association	Darvills Lane, Slough SL1 2PH - 01753 382 1003
Tue / Thu Closed 21 Dec – 8th Jan 19	11.00-12.00	Yoga / Keep fit Exercises	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537 996
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 07903021711

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
Terrie:	07516 165 647	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	U3A	07903021711