

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

**WELLBEING ACTIVITY DIARY - December 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 09.00-15.00	Wexham Lunch Club	Age Concern	Wexham Parish Council Hall, Norway Drive, Slough, SL2 5QP
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
Mon	10.00-13.00	Farnham Common Exercise Session Seated or standing, also Zumba	Age Concern	Farnham Common Village Hall, Victoria Road, SL2 3NL—07742 090 444 Lorraine Hilies
21 <sup>st</sup> December 18		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	<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 Ann Hill
Mon Wed and Friday	9.30- 13.30	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	St Andrews Church 2 Merton Road SL1 1QW
Tue	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 5 <sup>th</sup> Dec 18	12.15 –14:30	Former Carers Lunch Club Contact Terrie to book	Alzheimer's Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN

Mon (School term time only)	13.00—14.30	Singing for Pleasure	Alzheimer's Dementia Support	Holy Family RC Church in the St Joseph's room, 226 Trelawr SL3 7UD
Wed	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
3 <sup>rd</sup> 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
12 Dec 18 4 <sup>th</sup> Dec 18	12.30 – 13.15 10.00 1 12.00	Communication -Bite Size Training Dementia Awareness Training	Alzheimer's Dementia Support	
5/12/19 Dec 18	12.30-14.30	Aap Ki Sehat Sangeet Kesang (Your wellbeing through music) For Asian Carers	Alzheimer's Dementia Support	St Francis Church, London Road, Langley, SL3 7LN Please contact Nancy 07516165665
Thu 6/13th Dec Closed 29 Dec – Jan 3 <sup>rd</sup> 2019	19.30 – 20.30	Adult —Bhangra 19.30-20.30	Apna Virsa	St Bernard's Catholic Grammar School, 1 Langley Road, Langley, Slough, SL3 7AF — 07598533336
Wed 2 <sup>nd</sup> /16 <sup>th</sup> Dec Closed 29 <sup>th</sup> Dec – 9 <sup>th</sup> Jan 2019	12.00-13.00 13.00- 14.00	Adult and children—Bhangra Adults	Apna Virsa	Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU — 07598533336
All Days	All times	Alzheimer's befriending	Berkshire Alzheimer's Society	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331
Mon 17 <sup>th</sup> Dec	14.00 - 15.30	Dance back in Time	Berkshire Alzheimer's Society	High View, 6 North Road, Iver, Maidenhead SL6 1PL—01628 626 311
Mon Until - 17 <sup>th</sup> Dec	10:30-14.00 (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
5/19 <sup>th</sup> Dec	10.30-12.00	Singing for the Brain	Berkshire Alzheimer's Society	Salvation Army, East Rd, Maidenhead 01628 626 331

12 <sup>th</sup> Dec 2018	10.30 -14.00	Moving for the Mind Session	Berkshire Alzheimer's Society	Salvation Army, East Rd, Maidenhead SL6 1PJ 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
Active Eyes	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
Thu	10.00 -12.00	Destiny Social & Skills Club	Destiny Support	Chalvey Community Centre, The Green, Slough, SL1 2SP
Thu	10.00-13.00	Basic Computer Skills	Destiny Support	Destiny Support, Chalvey Community Centre, Chalvey Pavillion, The Green, Chalvey 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
20 <sup>th</sup> Dec 18	12.00-13.30	Charity Event for Food Bank	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537 996

www.sloughhea20th Dec	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 20 <sup>th</sup> Dec- 6 <sup>th</sup> 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 SL6 1SH
	29 <sup>th</sup> 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
	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 Closed 21 Dec – 8 <sup>th</sup> 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
Tue	11.00 -15.00	Create & Craft (FREE)	U3A	St. Andrew's Methodist Church, Merton Road, Slough SL1 1QW
Thu 6 Sept/20th Sept	10.30-12.30	Bridge for Fun Alternating with Table Tennis & Darts	U3A	Mencap Centre, Common Road, Langley SL3 8JU

## Meet & Mingle — Keep an eye on their website — [www.meetandmingle.co.uk](http://www.meetandmingle.co.uk)

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>Community Learning and Skills Centre:</b>	<b>01753 476 611</b>
<b>Alzheimer's Society:</b>	<b>01628 626 331</b>	<b>Slough Senior Citizens Group:</b>	<b>01753 537 996</b>	<b>Get Active Slough, SBC:</b>	<b>01753 875 177</b>
<b>Art Classes:</b>	<b>isabelhuntart@gmail.com</b>	<b>WEA:</b>	<b>01753 554 456</b>	<b>Destiny Support:</b>	<b>01753 552 271</b>
<b>Living in Harmony:</b>	<b>07846 312831</b>	<b>Berkshire Vision:</b>	<b>0118 987 2803</b>	<b>Apna Virsa:</b>	<b>07598 533336</b>
<b>Pakistani Welfare Association:</b>	<b>01753 821003</b>	<b>Men's Matters:</b>	<b>07843 554 734</b>	<b>U3A</b>	<b>07903021711</b>
<b>Shaida— 07861261768</b>					