

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

# WELLBEING ACTIVITY DIARY - FEBRUARY 2019



| <b>GENERAL SUPPORT</b>                 | <b>Slough Advice Centre</b> | 0344 515 1380<br>sloughadvicecentre.org.uk   | 29 Church Street, Slough, Berkshire, SL1 1PL   |   |
|--|-----------------------------|--|--|---|
|  | <b>Carers Support</b>       | 01753 303428<br>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             | <b>Wexham Lunch Club</b>   | Age Concern  | Wexham Parish Council Hall, Norway Drive, Slough,   |
| Mon, Tue, Thu                          | from 09.00-15.00            | <b>Cippenham Lunch Club</b>  | Age Concern  | The Royal British Legion, Brook Path, Slough, SL1 5EJ   |
| Monday                                 | 10.00-13.00                 | <b>Farnham Common Exercise Session. Seated or standing, also Zumba</b>   | Age Concern  | Farnham Common Village Hall, Victoria Road, SL2 3NL   |
| Wed                                    | 11.00-12.00                 | <b>Yoga—Seated Meditation</b>  | 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 Exercise classes, art groups, tai chi, bowls, memory café, outings, Lunches, Hairdressers, Toil Nail care, Tea, Coffee and a chat.</b> | Age Concern  | Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW—01753 854117 Ann Hill       |
| Mon Wed and Fri                        | 9.30—13.30                  | <b>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</b>               | Age Concern  | Age Concern Slough & Berkshire East—Slough Resource Centre<br>St Andrews Church 2 Merton Road SL1 1QW |
| Tue                                    | 10.00 - 13.00               | <b>Stoke Poges Health &amp; Exercise Sessions - Exercise, mind based activities, light lunch</b>   | Age Concern  | Stoke Poges Village Centre, Rogers Lane, Stoke Poges, SL2 4LP—01753 822 890                           |
| 3 <sup>rd</sup> Wednesday of the month | 12.30                       | Lunch (Gentlemen's Lunch Club )  | Mates with Plates & Ladies Lunch Club)<br>Alzheimer's Dementia Support   | The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead  |
| 1st Wed of each month                  | 12:15-14.30                 | <b>Former Carers Lunch Club, contact terrie to book</b>  | Alzheimers Dementia Support  | Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN  |
| Wednesday                              | 10:30—12:00                 | <b>Singing for the Brain alternating with Movement for the Mind</b>  | Alzheimers Society   | Salvation Army, East Road, Maidenhead SL6 1PJ Contact Annabel Kirby                                   |
| Thu                                    | 19.30 – 20.30               | <b>Adult —Bhangra 19.30-20.30</b>  | Apna Virsa   | St Bernard's Catholic Grammar School, 1 Langley Road, Langley, Slough, SL3 7AF—07598533336            |
| Wed                                    | 12.00-13.00<br>13.00- 14.00 | <b>Adult and children—Bhangra Adults</b>   | Apna Virsa   | Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU — 07598533336                                |

| Date                                      | Time                            | Event  | Organisation                         | Location   |
|---|---------------------------------|--|--------------------------------------|--|
| 2nd Mon of each month                     | 14.00-16.00                     | <b>Langley Blind Club</b>  | Berkshire Vision                     | Guide Hut, Kederminster Park, 154 Reddington Drive, Langley SL37QD                       |
| Active Eyes                               | Various Times                   | <b>Range of social activities for visually impaired including Tenpin bowling, walks / quizzes / Transport</b>  | Berkshire Vision                     | Various Locations— 0118 987 2803   |
| 2nd Mon of each month                     | 14.00-16.00                     | <b>Langley Blind Club</b>  | Berkshire Vision                     | Guide Hut, Kederminster Park, 154 Reddington Drive, Langley SL37QD                       |
| Mon                                       | 10:30-14.00<br>(term time only) | <b>Activities group—arts and crafts, drama workshop, cognitive stimulation therapy, maintain skills, skittles, walking. Yoga, computer games and quizzes</b> | Berkshire Alzheimer's Society        | Highview, 6 North Road, Maidenhead SL6 1PL—01628 626 331<br>Contact Annabell             |
| All Days                                  | All times                       | <b>Alzheimer's befriending</b>   | Berkshire Alzheimer's Society        | Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331                            |
| Tuesday of each month                     | 14.00 - 15.30                   | <b>Dance back in Time</b>  | Berkshire Alzheimer's Society        | High View, 6 North Road, Maidenhead SL6 1PL—01628 626 311                                |
| 2 <sup>nd</sup> Jan -10 <sup>th</sup> Apr | 10.30-12.00                     | <b>Singing for the Brain / Moving for the Mind Session<br/>Alternating weekly between the two</b>  | Berkshire Alzheimer's Society        | Salvation Army, East Rd, Maidenhead 01628 626 331  |
| 3rd Wed of each month                     | 13:00-15:00                     | <b>Carers Group</b>  | Cippenham Carers Group               | Cippenham Carers Group, Cippenham Baptist Church, 11 Elmshott Lane, Slough, SL1 5QS      |
| Thu                                       | 10.00 -12.00                    | <b>Destiny Social &amp; Skills Club</b>  | Destiny Support                      | Chalvey Community Centre, The Green, Slough, SL1 2SP                                     |
| Thu                                       | 10.00-13.00                     | <b>Basic Computer Skills</b>   | Destiny Support                      | Destiny Support, Chalvey Community Centre, Chalvey Pavillion, The Green, Chalvey SL1 2SP |
| Mon - Fri                                 | Various times                   | <b>Seated Exercise</b>   | Get Active                           | Varied locations. Contact Get Active on 01753 875 784                                    |
| 2nd Tue of each month                     | 11.00-13.00                     | <b>Langley Stroke group</b>  | Langley Neighbourhood Forum          | St Francis Church, London Road, Langley, SL3 7LN   |
| Tue                                       | 10.30-12.00                     | <b>Seminar on healthy eating and stress free living</b>  | Living in Harmony                    | Tesco Community Room, Wellington Road, SL1 1NP   |
| Wed                                       | 10.30-11.00                     | <b>Healthy Walk</b>  | Living in Harmony                    | Walk to Herschel Park— Meet at The Curve   |
| Friday 8th and 15th Feb                   | 09.30 – 12.00                   | Gym, Swim & Spa  | Meet & Mingle                        | Copthorne Hotel , Cippenham Lane SL1 2YE   |
| 6th Feb                                   | 13.30– 14.30                    | <b>Talk on hearing loss</b>  | Meet and Mingle Cancer Support Group | St Marys Church Hall Church Lane Wexham Slough SL3 6LH                                   |
| 7th Feb<br>14th/28th Feb                  | 12.30-14.30                     | <b>Talk on Bowel Cancer<br/>Exercise</b>   | Meet and Mingle Mens group           | St Marys Church Hall Church Lane Wexham Slough<br>SL3 6LH                                |
| 12th and 19th Feb                         | 12.30 – 14.30                   | <b>Art &amp; Craft</b>   | Meet & Mingle                        | Wexham – St Mary's Church Hall , Wexham , SL3 6LH  |
| 7th/14th and 28th feb                     | 11.30 -12.30                    | <b>Badminton</b>   | Meet & Mingle                        | Montem Sports Centre , Montem Lane, Slough, SL1 2QG                                      |

| Date                  | Time          | Event   | Organisation                  | Location   |
|-----------------------|---------------|---|-------------------------------|--|
| 11th Feb/25th Feb     | 11.30-13.30   | <b>Tea/coffee-chit chat, Poetry &amp; Singing</b><br><b>Home remedy &amp; tips</b>  | Meet & Mingle                 | Farnham Royal Village Hall, Farnham Lane, Slough, SL2 3AX  |
| 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 SJW.<br>Tue - Longwood Park Community Centre, Common Road, Langley, Slough SL3 8TN<br>Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead SL6 1SH |
| Every Thursday        | 11.00-12.30   | Activities include knitting exercise  | Pakistani Welfare Association | Ladies Group<br>Darvills Lane Slough SL1 2PH   |
| Every Wed             | 12.00-14.00   | Lunch Club  | Pakistani Welfare Association | Darvills Lane, Slough SL1 2PH - 01753 382 1003   |
| Thurs                 | 17.00 – 18.00 | Yoga  | Slough Active                 | 29 Church St Slough  |
| 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  |
| Thu                   | 18.30-20.30   | Monthly Happiness Workshops   | Slough Happiness Collective   | Central Working, The Future Works, Brunel Way, Slough, SL1 1XU   |
| Tue / Thu             | 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                   | 10.30-12.30   | Bridge for Fun Alternating with Table Tennis & Darts  | U3A                           | Mencap Centre, Common Road, Langley SL3 8JU  |

**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>07543243613</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:</b>                        | <b>07516 165 647</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 821 003</b>           | <b>Men's Matters:</b>  | <b>07843 554 734</b> | <b>U3A</b>  | <b>07903021711</b>   |
| <b>Slough Happiness Collective:</b>   | <b>happyslough@gmail.com</b>   |  |                      |   |                      |