

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

# WELLBEING ACTIVITY DIARY - JUNE 2019



<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 303428 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, SL2 5QP
Mon, Tue, Thu	from 09.00-15.00	<b>Cippenham Lunch Club</b>	Age Concern	The Royal British Legion, Brook Path, Slough, SL1 5EJ - 07954 042 071
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 — 07742 090 444 Lorraine Hilies
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
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 Emma 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 Emma 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, St Andrews Church, 2 Merton Road, SL1 1QW
Wednesday 19th	12.30 onwards	<b>Mates with Plates &amp; Ladies Lunch Club</b>	Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead, SL6 1BN
Mon & Thu	10:00—12:00	<b>Connection Café—pop in for a tea or coffee and a friendly chat. Various games &amp; activities take place throughout the session. Advice &amp; information, as well as private 1:1 discussions on all aspects of Dementia.</b>	Alzheimer's Dementia Support	High Street Methodist Church, King Street, Maidenhead, SL6 1EF
Wed 19th	12:30 onwards	<b>Former Carers Lunch Club, contact Terrie to book. A voluntary donation of £12 per person will be asked.</b>	Alzheimer's Dementia Support	Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN
1st Wed evening of each month (except August)	19:30-21:30	<b>Alzheimer Café — for those who are affected by any type of Dementia or memory loss, their family, friends and any others who may be interested.</b>	Alzheimer's Dementia Support	Spencer Denney Centre, off Clewer Hill Road, Windsor, SL4 4EB

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1st Wed evening of each month (except August)	19:30-21:30	<b>Alzheimer Café — for those who are affected by any type of Dementia or memory loss, their family, friends and any others who may be interested.</b>	Alzheimer's Dementia Support	Spencer Denney Centre, off Clewer Hill Road, Windsor, SL4 4EB
Aap Ki Sehat Sangeet Kesang — Wed 5th/12th/19th Warzish Taal Kesaath — Wed 26th	12.30 -14.30	<b>For Asian people with Dementia and their Carers. Improve your mood and wellbeing through stimulation and gentle exercise.</b>	Alzheimer's Dementia Support	St Francis Church, London Road, Langley, SL3 7LN - Please contact Nancy 07516165665
Thursday	10:30-11:45 (Refreshments at 10:30)	<b>Seated Exercise with S.M.I.L.E—exercise for carers, former carers and people with Dementia.</b>	Alzheimer's Dementia Support	Ascot — King Edwards Hall, King Edwards Road, SL5 8PD Windsor — Gardeners Hall, 213 St. Leonards Road, SL4 3DR
Thursday 13th (Ascot) Thursday 27th (Windsor)	14:00-16:00	<b>Moves &amp; Grooves— dancing sessions for people with Dementia and their carers.</b>	Alzheimer's Dementia Support	King Edwards Hall, King Edwards Road, Ascot SL5 8PD — contact Terrie 07516 165647 for further details.
Tuesday	13.00—14.30	<b>Singing for Pleasure—a social get together for people with Dementia accompanied by their carers.</b>	Alzheimer's Dementia Support	All Saints Church, Dedworth, Dedworth Road, Windsor SL4 4JW.
Wednesday	10:30—12:00	<b>Singing for the Brain alternating with Movement for the mind</b>	Alzheimer's 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 13.00- 14.00	<b>Adult and children—Bhangra Adults</b>	Apna Virsa	Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU — 07598533336
2nd Mon of each month	14.00-16.00	<b>Langley Blind Club</b>	Berkshire Vision	Guide Hut, Kedermister 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
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

Date	Time	Event	Organisation	Location
Mon	10:30-14.00 (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 Contact Annabell
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
Tue/Wed/Thu	9.00 -16.30	<b>Destiny Social &amp; Skills Club</b>	Destiny Support	Weekes Drive Community Centre, 4 Tamarisk Way, Slough, SL1 2UW
Mon - Fri	Various times	<b>Seated Exercise</b>	Get Active	Varied locations. Contact Get Active on 01753 875 784
9 <sup>th</sup> June	11.30 -17.30	<b>Creative Workshop On Mental Health – With Sycorax Collective</b>	Home Slough	HOME on the High Street, Unit 43-45, The Observatory Shopping Centre, Slough, SL1 1LN — Book your place <a href="http://www.homeslough.org.uk">www.homeslough.org.uk</a>
11 <sup>th</sup> June	18.30-20.30	<b>Monthly Creative Connectors Meeting</b>	Home Slough	HOME on the High Street, Unit 43-45, The Observatory Shopping Centre, Slough, SL1 1LN — Book your place <a href="http://www.homeslough.org.uk">www.homeslough.org.uk</a>
3rd Thursday monthly (20th June)	1.30 - 3.30pm	<b>Yesterdays Children (open Forum)</b>	50 Plus Forum	St. Andrew's Methodist Church, Merton Road, Slough SL1 1QW
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
4 <sup>th</sup> June	09.00-13.00	<b>IT Workshop</b>	Meet & Mingle	SBCP Collingwood Health, 30 Bradford Road, Slough, SL1 4PG
25 <sup>th</sup> June		<b>Cinema Trip</b>	Meet and Mingle	Empire Cinema Slough
27 <sup>th</sup> June	12.30	<b>Tenpin Bowling</b>	Meet and Mingle Mens Group	Salt Hill
Mon, Tue, Wed	14.00-16.00	<b>Weekly Drop In—Social group, advice and info and days out</b>	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
Thu	11.00-12.30	<b>Activities include knitting exercise</b>	Pakistani Welfare Association	Ladies Group Darvills Lane Slough SL1 2PH
Every Wed	12.00-14.00	<b>Lunch Club</b>	Pakistani Welfare Association	Darvills Lane, Slough SL1 2PH - 01753 382 1003
Thu	17.00 – 18.00	<b>Yoga</b>	Slough Active	29 Church St Slough

Date	Time	Event	Organisation	Location
4th Thu of each month	19.00-21.00	<b>Support Group</b>	Slough Bipolar UK	The Quaker Meeting House 74 Ragstone Road, Slough SL1 2PX - 0333 323 3880
Tue / Thu	11.00-12.00	<b>Yoga / Keep fit Exercises</b>	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537 996
Various Days	Various Times	<b>Slough U3A - Art appreciation, Book club, Walks , Bridge for fun, cookery, creative writing, drawing, outings, theatre and Cinema.</b>	U3A	Various Locations— Become a member and contact U3A on 07903021711
Alternate Thursdays	10:30-12:30	<b>Bridges for Fun — come to play Table Tennis, scrabble, darts and much more.</b>	U3A	Mencap Centre, in Common Road, Langley SL3 8JU
Tue	11:00-15:00	<b>Create and Craft — Knitting, stitching, card making and much more.</b>	U3A	St. Andrew's Methodist Church, Merton Road, Slough, SL1 1QW
Wed 12th	14:00-16:00	<b>Walking along Runnymede— a pleasant walk of about 3 miles around this historic site.</b>	U3A	Meet outside the Visitor Centre in Runnymede.
Mon 17th	00:00	<b>Local History—Delving into the history of the region and its historic buildings and monuments.</b>	U3A	Saint Laurence Church, Upton Court Road, SL3 7LS
Wed 19th	14:00-16:00	<b>Monthly Open Meeting — A talk about a topic of general interest, followed by a chance to socialise with tea &amp; biscuits .</b>	U3A	Mencap Centre, in Common Road, Langley SL3 8JU
3 <sup>rd</sup> Thursday of each month	1.30 - 3.30pm	<b>Yesterdays Children (open Forum)</b>	50 Plus Forum	St. Andrew's Methodist Church, Merton Road, Slough SL1 1QW

**Slough Carers Week 8-16th June offers lots of FREE events and activities for CARERS**

Find out more at [www.sloughcarerssupport.org.uk](http://www.sloughcarerssupport.org.uk)



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

<b>Age Concern:</b>	07742090444	<b>Meet &amp; Mingle (Term times only):</b>	07732 632637	<b>Special Voices:</b>	07990693439
<b>Alzheimers Dementia Support:</b>	07543243613	<b>Participation, Association, Leisure &amp; Sport (PALS):</b>	07990 577 776	<b>Macmillan Cancer Information and Support Centre:</b>	01753 634 886
<b>Terrie:</b>	07516 165 647	<b>Slough Older Peoples' Forum:</b>	01753 536 906	<b>Community Learning and Skills Centre:</b>	01753 476 611
<b>Alzheimer's Society:</b>	01628 626 331	<b>Slough Senior Citizens Group:</b>	01753 537 996	<b>Get Active Slough, SBC:</b>	01753 875 177
<b>Art Classes:</b>	isabelhuntart@gmail.com	<b>WEA:</b>	01753 554 456	<b>Destiny Support:</b>	01753 552 271
<b>Living in Harmony:</b>	07846 312831	<b>Berkshire Vision:</b>	0118 987 2803	<b>Apna Virsa:</b>	07598 533336
<b>Pakistani Welfare Association:</b>	01753 821 003	<b>Men's Matters:</b>	07843 554 734	<b>U3A</b>	07903021711
<b>Slough Happiness Collective:</b>	happyslough@gmail.com				