

NAME: _____

WELLBEING ACTIVITY DIARY - MARCH 2019



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. Seated or standing, also Zumba	Age Concern	Farnham Common Village Hall, Victoria Road, SL2 3NL
Wed	11.00-12.00	Yoga—Seated Meditation	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, 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 Fri	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	Age Concern Slough & Berkshire East—Slough Resource Centre St Andrews Church 2 Merton Road SL1 1QW
Wed	11.00 - 12.00	NEW Yoga — seated meditation	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW 01753 854117 Emma Hill
3 rd 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
1st Wed of each month	12:15-14.30	Former Carers Lunch Club, contact Terrie to book	Alzheimers Dementia Support	Toby Carvery Stafferton Lodge Braywick Road Maidenhead SL6 1BN
Wednesday	10:30—12:00	Singing for the Brain alternating with Movement for the Mind	Alzheimers Society	Salvation Army, East Road, Maidenhead SL6 1PJ Contact Annabel Kirby
Tue 26th March	13.00	Langley Fish and Chips	Alzheimer’s Dementia Support	Langley Connection Cafe Book with Santok 07543243613
Monday –11th, 18th & 25th March	13.00—14.30	Singing for Pleasure	Alzheimer’s Dementia Support	Holy Family RC Church in the St Joseph’s Room, 226 Trelawney Avenue, Langley, SL3 7UD

Date	Time	Event	Organisation	Location
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kederminster 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
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kederminster Park, 154 Reddington Drive, Langley SL37QD
Mon	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 Contact Annabell
All Days	All times	Alzheimer's befriending	Berkshire Alzheimer's Society	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331
Tuesday of each month	14.00 - 15.30	Dance back in Time	Berkshire Alzheimer's Society	High View, 6 North Road, Maidenhead SL6 1PL—01628 626 311
Mon	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 Contact Annabell
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
2nd Tue of each month	11.00-13.00	Langley Stroke group	Langley Neighbourhood Forum	St Francis Church, London Road, Langley, SL3 7LN
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
7th/14th/21st and 28th March	12.30-14.30	Healthy cooking, Talk on Hearing Loss, Exercise, Karaoke	Meet and Mingle Mens group	St Marys Church Hall Church Lane Wexham Slough SL3 6LH
Tue	12.30 – 14.30	Art & Craft	Meet & Mingle	Wexham – St Mary's Church Hall , Wexham , SL3 6LH
Thu	11.30 -12.30	Badminton	Meet & Mingle	Montem Sports Centre , Montem Lane, Slough, SL1 2QG
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. Tue - Longwood Park Community Centre, Common Road, Langley, Slough SL3 8TN Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead SL6 1SH

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Tue	10.30-12.00	Seminar on healthy eating and stress free living	Living in Harmony	Tesco Community Room, Wellington Road, SL1 1NP
Thu	11.00-12.30	Activities include knitting exercise	Pakistani Welfare Association	Ladies Group Darvills Lane Slough SL1 2PH
Every Wed	12.00-14.00	Lunch Club	Pakistani Welfare Association	Darvills Lane, Slough SL1 2PH - 01753 382 1003
Thu	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
7 th March	16.30	International Women's Day Health and Wellbeing services	A2Dominion	Arbour Park Stadium , Stoke Road , SL2 5AY
20 th March	17.00- 21.00	Feel-Good Festival	Home Slough	Home on the High St Unit 43-45 Entrance to Observatory Centre Slough SL1 1LN www.homeslough.org.uk
14 th March	Doors open 18.30	Comedy night (Crazy Fun Asians)	Home Slough	Home on the High St Unit 43-45 Entrance to Observatory Centre Slough SL1 1LN (Tickets £10—www.homeslough.org.uk
3rd Thu monthly	1.30 - 3.30pm	Forum	50 Plus Forum	Kingsway United Reform Church, Church St SL1 1SZ

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
Slough Happiness Collective:	happyslough@gmail.com				