

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

# WELLBEING ACTIVITY DIARY - MAY 2019



<b>GENERAL SUPPORT</b>		0344 515 1380 sloughadvicecentre.org.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		01753 303428 sloughcarerssupport.co.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		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, Cippenham, 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
Wednesday	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, Toile 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, 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
Wed	11.00 - 12.00	<b>NEW Yoga — seated meditation</b>	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW 01753 854117 Emma Hill
Tue	10.00 - 13.00	<b>Stoke Poges Health &amp; Exercise Sessions - Exercise, mind based activities, light lunch</b>	Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead, SL6 1BN
1st Wed of each month	12:15-14.30	<b>Former Carers Lunch Club. Contact Terrie to book</b>	Alzheimer's 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>	Age Concern	Stoke Poges Village Centre, Rogers Lane, Stoke Poges, SL2 4LP— 01753 822 890
28th May	13:00	<b>Langley Fish and Chips</b>	Alzheimer's Dementia Support	Langley Connection Café Book with Santok 07543243613
13th May & 20th May	13.00—14.30	<b>Singing for Pleasure</b>	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
8th, 15th & 22nd May	12:30 -14:30	<b>Aap Ki Sehat Sangeet Kesang (Your wellbeing through music) For Asian Carers</b>	Alzheimer's Dementia Support	St Francis Church, London Road, Langley, SL3 7LN Please contact - Nancy 07516165665
3 <sup>rd</sup> Wednesday of the month	12.30	<b>Mates with Plates &amp; Ladies Lunch Club (Gentlemen's Lunch Club)</b>	Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead, SL6 1BN
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
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
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
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, Kedermister Park, 154 Reddington Drive, Langley, SL3 7QD
Sat 11 <sup>th</sup> May	18:30 to late	<b>6<sup>th</sup> Anniversary Dinner &amp; Dance</b>	Meet and Mingle	Copthorne Hotel, Cippenham Lane, SL1 2YE Tickets in ADVANCE ONLY To book contact — Aska Marshall 07732632637
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
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
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

Date	Time	Event	Organisation	Location
Mon - Fri	Various times	<b>Seated Exercise</b>	Get Active	Varied locations. Contact Get Active on 01753 875 784
Every 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, SL1 1PL
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
Thu	10.30-12.30	<b>Bridge for Fun Alternating with Table Tennis &amp; Darts</b>	U3A	Mencap Centre, Common Road, Langley SL3 8JU
Tuesday and Thursday	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—07903021711

**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

**Alzheimers Dementia Support – Dementia Action Week 20<sup>th</sup> May – 24<sup>th</sup> May 2019**

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>				