

NAME: _____

WELLBEING ACTIVITY DIARY - October 2018



GENERAL SUPPORT		Slough Advice Centre	0344 515 1380 sloughadvicecentre.org.uk	29 Church Street, Slough, Berkshire, SL1 1PL	
		Carers Support	01753 303 428 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 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	
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 - Fri	9.00—14.00	Village Resource Companion Centre Activities / Chiropody / Information & Advices Services / Hairdressing / IT Training / bingo 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	The Village, 102-110 High Street, Slough, SL1 1HL—01753 497 874	
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 Jane Brown	
1st Wed of each month	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 Trelawney Avenue, Langley, 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	

Date	Time	Event	Organisation	Location
Sat 13th Oct	7.30-21.00	Saturday night entertainment with Geoff Alexander (£10 to include fish & chip supper and raffle)	Alzheimer's Dementia Support	226 Trelawney Avenue, Langley, SL3 7UD Please contact Nancy 07516165665
10th, 17th, 24th October	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	Various	Adult beginners—Bhangra 19.30-20.30 Adult improvers —Bhangra 20.30-21.30	Apna Virsa	St Bernard's Catholic Grammar School, 1 Langley Road, Langley, Slough, SL3 7AF — 07598533336
Wed	20.00-21.00	Women only—Bhangra	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
Last Tue of the month	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	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
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kederminster Park, 154 Reddington Drive, Langley SL37QD
ActivEyes	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

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	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
18th Oct	Evening	Theatre trip to London “Taj Express”	Meet & Mingle	London Contact Aksa Marshal 07732632637
8th, 15th, 29th Oct	11.30-13.30	Dance & Board Games	Meet & Mingle	Chalvey Community Centre, The Green, Slough, SL1 2SP 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	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 — New timetable available from 17th September. Keep an eye on their website — www.meetandmingle.co.uk

Age Concern:	07742090444	Meet & Mingle (Term times only):	07732 632637	Special Voices:	07990693439
Alzheimers Dementia Support:	07543 243 613	Participation, Association, Leisure & Sport (PALS):	07990 577 776	Macmillan Cancer Information and Support Centre:	01753 634 886
Terrie number:	07516 165 647	Slough Older Peoples’ Forum:	01753 536 906	Community Learning and Skills Centre:	01753 476 611
Alzheimer’s Society Befriending Service -Liz Barr:	01628 626 331	Slough Senior Citizens Group:	01753 537 996	Get Active Slough, SBC:	01753 875 177
Alzheimer’s Society:	01628 626 331	WEA:	01753 554 456	Destiny Support:	01753 552 271
Art Classes:	isabelhuntart@gmail.com	Berkshire Vision:	0118 987 2803	Apna Virsa:	07598 533336
Living in Harmony:	07846 312831	Men’s Matters:	07843 554 734	U3A	07903021711
Pakistani Welfare Association:	01753 821003				
Shaida—	07861261768				