

NAME: _____

WELLBEING ACTIVITY DIARY - October 2019



GENERAL SUPPORT	Slough Advice Centre	0344 515 1380 sloughadvicecentre.co.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
Tue	from 9.00-15.00	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, 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	09.00 - 15.00	Old Windsor Companion Centre Exercise classes, art groups, tai chi, bowls, memory café, outings, Lunches, Hairdress- ers, Toil Nail care, Tea, Coffee and a chat.	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire, SL4 2RW— 01753 854117 Emma Hill
Wed	11.00-12.00	Yoga—seated	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire, SL4 2RW— 01753 854117 Emma Hill
Tue	9.30-12.00 13.00- 15.00	Art class Smile — seated exercise	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	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
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
30th Oct	12:30-14.30	Warzish taal kesaath (Moves To Melody)	Alzheimer's Dementia Support	St Francis Church, London Road, Langley, SL3 &LN

Date	Time	Event	Organisation	Location
Thu	10.30-11.45	Seated exercise with S.M.I.L.E - exercise for carers, and people with Dementia	Alzheimer's Dementia Support	Ascot – King Edwards Hall, Edwards Road, SL5 8PD Windsor – Gardeners Hall , 213 St Leonards Road, SL4 3DR
Tues 8 Oct* 29 Oct+	13.00—14.30	*Seated exercise for 11.15am +Halloween Mischief	Alzheimer's Dementia Support	Connection Café Langley Contact Hannah on 07516165665 Voluntary donation of £4.00 per person
17th Oct	13.30-16.00	Singing in Hospital	Alzheimer's Dementia Support	Wexham Park Hospital, Slough
Mon	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
Thu	17.00-18.00	Yoga	Slough Active	29 Church St Slough
Wed	10.30-12.00	Singing for the Brain Alternating the Movement for the Mind	Alzheimer's Society	Salvation Army, East Road, Maidenhead SL6 1PJ Contact Annabel Kirby
16th Oct	12.30	Lunch (Gentlemen's Lunch Club) Voluntary donation of £12.00	Mates with Plates & Ladies Lunch Club Alzheimer's Dementia Support	The Toby Cavery, Stafferton Lodge, Braywick, Maidenhead
Wed	12.30-14.30	Aap Ki Sehat 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	19.30-20.30	Adult mixed-Bhangra	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 07596533336

The Volunteer Passport Scheme is a Slough initiative, which offers a series of four short training modules exploring the key areas all volunteers need to successfully volunteer with clients.



Adult Safeguarding – 10am-12:30pm
6th November & 4th December

Equality and Diversity – 10am-12:30pm
16th October & 13th November

Communication Skills – 10am-12:30pm
20th November

Boundaries and Confidentiality – 10am-12:30pm
November

Date	Time	Event	Organisation	Location
Wed	12.00-13.00 13.00-14.00	Adult and children—Bhangra Adults	Apna Virsa	Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU 07596533336
All Days	All times	Alzheimer's befriending	Berkshire Alzheimer's Society	Slough, Maidenhead, Windsor, Bracknell, Ascot—01628626331
A Tuesday of each month	14.00-15.30	Dance back in time	Berkshire Alzheimer's Society	High View, 6 North Road, Maidenhead SL6 1PL—01628626311
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 626331 Contact Annabell
Every Wed	10.30-12.00	Singing for the Brain / Moving for the Mind Session Alternating weekly between the two	Berkshire Alzheimer's Society	Salvation Army, East Rd, Maidenhead 01628626331
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kedermister Park, 154 Reddington Drive, Langley SL37QD
	Various times	Active Eyes—Range of social activities for visually impaired including Tenpin bowling, walks/ quizzes/ transport	Berkshire Vision	Various locations—01189872803
3rd Wed of each month	13.00-15.00	Carers Group	Cippenham Carers Group	Cippenham Carers Group, Coppemham Baptist Church, 11 Elmshott Lane, Slough, SL1 5QS
12th Oct	11.00	Black History celebration Celebrate local talent and community groups, highlighting the best of Afro-Caribbean culture in Slough	The Curve	The Curve William St, Slough SL1 1XY £2.00 Book through website Www.thecurveslough.com
19th Oct	14.00	The Wizard of Oz Autism Friendly Screening	The Curve	The Curve William St, Slough SL1 1XY £2.00 Book through website Www.thecurveslough.com
Mon-Fri	Various Times	Seated Exercise	Get Active	Various 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

Date	Time	Event	Organisation	Location
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 infor 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 - contact Patrick Manning Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead SL6 1SH
Every Thursday	11.00-12.30	Activities include knitting	Pakistani Welfare As- society	Ladies Group—Darvills Lane Slough SL1 2PH
Every Wednesday	12.00-14.00	Lunch Club	Pakistani Welfare As- society	Darvills Lane, Slough SL1 2PH - 01753 382 1003
Every 4th Thu of each month	19.00-21.00	Support Group	Slough Bipolar UK	The Quaker Meeting House 74 Ragstone Road Slough SL1 2PX—03333233880
Tue/ Thu	11.00-12.00	Yoga/ Keep fit Exercises	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX—01753 537996
11th Oct	10.00	AGM (With lunch)	Special Voices	Cippenham Baptist Church 11 Elmshott Lane SL1 5QS
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
Alternative Thurs	10.30-12.30	Bridges for fun—come to play Table Tennis, scrabble, darts and cinema	U3A	Mencap Centre in Common Road, Langley SL3 8JU
17th Oct	13.30-15.30	Osborne Properties	50 plus Forum	Venue; Kingsway United Reformed Church, Church Street, Slough, SL1 1LE
15th Oct	18.30-20.30	Beats and Lyrics	Home Slough	Home Slough Unit 43-45 Entrance to Observatory Shopping Centre, Slough, SL1 1LE
5th Oct	11.00-17.00	Fun Palaces is for all the family and will have on show members of the community sharing their skills from street dance, to knitting, to recipe swapping to leading a sing along and much	Home Slough	Home Slough Unit 43-45 Entrance to Observatory Shopping Centre, Slough, SL1 1LE On the same day, more Fun Palaces activities will also be taking place at: Cippenham, Langley and Britwell Libraries, 10am – 3pm, The Curve, 10am – 4pm

Contact Details

Age Concern: 07742090444 Office now 551 Fairlie Rd, Slough, SL1 4PY 01753822890	Meet & Mingle (Term times only): 07732 632637	Special Voices: 07990693439
Alzheimers Dementia Support: 07543243613 Terrie: 07516 165 647	Participation, Association, Leisure & Sport (PALS): 07990 577 776	Macmillan Cancer Information and Support Centre: 01753 634 886
Alzheimer's Society: 01628 626 331	Slough Older Peoples' Forum: 01753 536 906	Community Learning and Skills Centre: 01753 476 611
Art Classes: isabelhuntart@gmail.com	Slough Senior Citizens Group: 01753 537 996	Get Active Slough, SBC: 01753 875 177
Living in Harmony: 07846 312831	WEA: 01753 554 456	Destiny Support: 01753 552 271
Pakistani Welfare Association: 01753 821 003 Shaida—07861261768	Berkshire Vision: 0118 987 2803	Apna Virsa: 07598 533336
Slough Happiness Collective: happyslough@gmail.com	Men's Matters: 07843 554 734	U3A 07903021711