

NAME: _____

WELLBEING ACTIVITY DIARY - SEPTEMBER 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
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
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
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	9.30-12.00	Art class	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW - 01753 854117 Emma Hill
Tue	13.00- 15.00	Smile — seated exercise	Age Concern	Old Windsor Day Centre, 27b Straight Road, Old Windsor, Berkshire SL4 2RW - 01753 854117 Emma Hill
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
1st Wed of each month	12:30 onwards	Former Carers Lunch Club, contact Terrie to book. A voluntary donation of £12 per per- son will be asked.	Alzheimer's Dementia Support	Toby Carvery, Stafferton Lodge, Braywick Road, Maidenhead, SL6 1BN
1st Wed of each month	12.30	Former Carers Lunch Club Contact Terrie to book Voluntary donation of £12.00 per person	Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead

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
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
Wed	10:30—12:00	Singing for the Brain alternating with Movement for the Mind	Alzheimer's Society	Salvation Army, East Road, Maidenhead, SL6 1PJ — Contact Annabel Kirby
Thu	19.30 – 20.30	Adult —Bhangra	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	Adult and Children—Bhangra	Apna Virsa	Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU — 07598533336
2nd Mon of each month	14.00-16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kedermister Park, 154 Reddington Drive, Langley, SL37QD
Various Dates	Various Times	Active Eyes — Range of social activities for visually impaired including Tenpin bowling, walks/ quizzes/Transport	Berkshire Vision	Various Locations— 0118 987 2803
All Days	All times	Alzheimer's Befriending	Berkshire Alzheimer's Society	Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331
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—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
Mon - Fri	Various times	Seated Exercise	Get Active	Varied locations — Contact Get Active on 01753 875 784

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
4th September, 6th November & 4th December

Equality and Diversity – 10am-12:30pm
11th September, 16th October & 13th November

Communication Skills – 10am-12:30pm
18th September, 23rd September & 20th November

Boundaries and Confidentiality – 10am-12:30pm
25th September 30th September & 27th November

Date	Time	Event	Organisation	Location
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
Thu	11.00-12.30	Activities include knitting exercise	Pakistani Welfare Association	Ladies Group Darvills Lane, Slough, SL1 2PH
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, Bridges for Fun, cookery, creative writing, drawing, outings, theatre and cinema.	U3A	Various Locations— Become a member and contact U3A on 07903021711
Alternate Thursdays	10:30-12:30	Bridges for Fun — come to play table tennis, scrabble, darts and much more.	U3A	Mencap Centre, in Common Road, Langley, SL3 8JU
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			
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	Berkshire Vision:	0118 987 2803	Apna Virsa: 07598 533336
Slough Happiness Collective:	happyslough@gmail.com	Men’s Matters:	07843 554 734	U3A 07903021711