

WELLBEING ACTIVITY DIARY – March 2020



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 470 80 90 (24 hours)	The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year.

Date	Time	Event	Organisation	Location
Tues	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 Hillies
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 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

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Mon Wed and Friday	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 17 th March *	10.00 - 13.00	Stoke Poges Health & Exercise Sessions - Exercise, mind based activities, light lunch * 13.00 -14.30 St Patrick's Day Theme	Age Concern	Stoke Poges Village Centre, Rogers Lane, Stoke Poges, SL2 4LP 01753 822 890
4 th March	19.30 – 21.30	Alzheimer Café Guest Speaker Clive Dent RBWM Community Warden	Alzheimer's Dementia Support	Dedworth Green Baptist Church, Smith Lane , Dedworth, Windsor SL4 5PE
5th/ 19th March	13.30 - 16.00	Singing at Wexham Park	Alzheimer's Dementia Support	Wexham Park Hospital
Tues	13.00 - 14.30	Connection Café	Alzheimer's Dementia Support	- Connection Café Holy Family Church (St Joseph's Room) 226 Trelawney Avenue, Langley
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
Wednesday 18 th March	12.30	Lunch Club (Mates with Plates & Ladies Lunch Club) Voluntary donation of £12.00	Alzheimer's Dementia Support	The Toby Carvery, Stafferton Lodge, Braywick, Maidenhead
Wed	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

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Date	Time	Event	Organisation	Location
Wednesday 25 th March	12.30 – 14.30	Warzish Taal Ke Saath (Moves to Melody)	Alzheimer's Dementia Support	St Francis Church, London Road, Langley, SL3 7LN
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
Mon	10.00 – 11.00	Yoga Pilates	Apna Virsa	Langley Pavilion, Langley Road, Langley, SL3 8BS Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336
Tues	11.00-12.00	Yoga	Apna Virsa	St Joseph's Church, 36 Crookham Road, Maidenhead, SL1 3LW Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336 <i>Drop in possible subject to space</i>
Wed	9.30 – 10.30	Gentle Stretches	Apna Virsa	Singh Sabah Sports Centre, Stoke Poges Lane, Slough, SL1 3LW Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336 <i>Drop in possible subject to space</i>
Wed	11.00 – 12.00	Gentle Stretches	Apna Virsa	Holy Family Church, 226 Trelawney Ave, Langley, SL3 7UD Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336 <i>Drop in possible subject to space</i>
Wed	20.00 - 21.00	Women only Bhangra	Apna Virsa	Ramgharia Cultural Hall, Woodland Avenue, Slough, SL13BU 07598533336
Thurs	10.00 – 11.00	Zumba	Apna Virsa	Singh Sabah Sports Centre, Stoke Poges Lane, Slough, SL1 3LW Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336 <i>Drop in possible subject to space</i>
Thurs	11.00 – 12.00	Yoga	Apna Virsa	Singh Sabah Sports Centre, Stoke Poges Lane, Slough, SL1 3LW Call/ email to register : apnavirsaproject@gmail.com Mob: 07598 533336 <i>Drop in possible subject to space</i>

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Date	Time	Event	Organisation	Location
Thurs	19.30 - 20.30	Adult mixed —Bhangra	Apna Virsa	St Bernard's Catholic Grammar School, 1 Langley Road, Langley, Slough, SL3 7AF 07598 533336
Thurs	12.00 – 13.00	Pilates for All	Asian Carers group	Slough Hindu Temple, Keel Drive, Slough SL1 2XU Call to register 07592570668 <i>Drop in possible subject to space</i>
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
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 01628 626 331
2nd Mon of each month	14.00 - 16.00	Langley Blind Club	Berkshire Vision	Guide Hut, Kedermister 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
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

WELLBEING ACTIVITY DIARY – March 2020



Date	Time	Event	Organisation	Location
Saturday	15.00 – 16.30	Chess Sessions NEW weekly event!	The Curve	The Curve William St, Slough SL1 1XY Book via: www.thecurveslough.com
Wed and Friday	10.30	Seated Exercise	The Curve	The Curve The Gallery @ The Curve / Library @ The Curve William St, Slough SL1 1XY
5 th March	17.45	Play chess with Grandmaster	The Curve	The Curve The Gallery @ The Curve / Library @ The Curve William St, Slough SL1 1XY
6 th March	15.45	World Book Day	The Curve	Cippenham Library Elmshott Lane SL1 1XY
7 th March	14.00	Celebrate Holi The festival of Colour	The Curve	The Curve/Cippenham Library/Britwell
21 st March	19.00	Fatty Fat Fat	The Curve	The Curve William St, Slough SL1 1XY Book via: www.thecurveslough.com From £5.00-8.00
27 th March	18.45	Ladies of laughter With Nareen Khan	The Curve	The Curve William St, Slough SL1 1XY Book via: www.thecurveslough.com From £15.00
28 th March	14.00	Gnomeo and Juliet (Autism friendly Screening)	The Curve	The Curve William St, Slough SL1 1XY Book via: www.thecurveslough.com £2.00
Mon - Fri	Various times	Seated Exercise	Get Active	Various locations. Contact Get Active on 01753 875 784

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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 - contact Patrick Manning Wed - Maidenhead Community Centre, 42 York Rd, Maidenhead SL6 1SH
Tuesday * 17 th March	12.30-14.30	Yoga /Meditate Chit Chat & Chaat	Meet & Mingle	St Marys Church Lane, Wexham , Slough SL3 6HL
5th/26 th March	12.30- 14.30	Dance Exercise	Meet &Mingle	St Marys Church Lane, Wexham , Slough SL3 6HL
19 th March	12.30-14.30	Bollywood Dance	Meet & Mingle	St Marys Church Lane, Wexham , Slough SL3 6HL
Tuesday	14.00 – 16.00	Socialising, quizzes, monthly lunches etc. Older men only	Men's Matters	Membership Service Only For membership enquiries and further details contact Patrick Manning at: manningonline@icloud.com
Wed	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 821003

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Date	Time	Event	Organisation	Location
Monday (closed term time)	13.00-14.30	Seated yoga and relaxation	Rise and Shine	St Francis Church Langley Slough SL3 7LN.
Friday *Last Friday of the month	13.00-15.00	Health and wellbeing Health checks, plus sessions to learn new technologies such as mobile and iPad usage.	Rise and Shine	St Francis Church Langley Slough SL3 7LN.
Monday	13.00-16.00	Drop in for cup of tea and get involved in workshop/recreational activities.	Sewak (Befriending services)	Slough CVS Main Hall 27 Church St , SL1 1PL
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
1st Thurs of the month	18:30 - 20.30	Happiness get-togethers are a chance to meet like-minded people and take some time to explore how we can make ourselves and others happier	Slough Happiness Collective	Central Working, The Future Works, Brunel Way, Slough, SL1 1XL https://www.eventbrite.com/e/slough-happiness-get-together-tickets-59994574387
Tue / Wed/Thu	11.00 - 12.00pm	Tues: Yoga Wed: Relaxation Thurs: Keep Fir	Slough Senior Citizens	Brook House, Chalvey, SL1 2TX 01753 537996
19 th March	13.30	Active Slough Membership survey	50 Plus Forum	Kingsway United Reformed Church Church St, Slough, Berks SL1 1SZ
9 th March	13.00-14.30	Volunteer Lunch	Special Voices	Cippenham Baptist Church Hall 11 Elmshott Lane , Slough ,SL1 5QS
21 st March	13.30- 16.00	Family Participation Day FREE entrance gift for all, free raffle, free parking, finger buffet lunch plus chocolate Egg for children	Special Voices	P.A.L.S 225-227 Northern R Slough SL2 1LU Contact 07990693439 Need to book your family for this event

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Date	Time	Event	Organisation	Location
Mondays	13.00-14.00	Gym All participants will need to register for an Everyone Active card	Sport in Mind Drop-in, no need to book ahead Cost - £0 - £2 per session	The Centre, Farnham Rd, Slough SL1 4UT
Wednesday	11.15-12.15	Yoga	Sport in Mind	Kingsway United Reformed Church 11 Church St, Slough , SL1 1SZ
Tuesday	15.00-16.00	Football Session	Sport in Mind	The Centre, Farnham Rd, Slough SL1 4UT
Thursday	11.00 – 12.00	Table Tennis	Sport in Mind	The Centre, Farnham Rd, Slough SL1 4UT
Various Days	Various Times	Book Club, Bridge for Fun, Create & Craft, Creative Writing, Drawing, French, Gardening, German, Local History, Scrabble, Ukulele, Walking	U3A	Various Locations To become a member email sloughu3a@gmail.com or Website: www.sloughu3a.com
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
Mondays	14.00 -16.00	Drop in for a chat / tea and activities	Wexham Older Peoples Club	St Mary's Church Hall, Church Lane, SL3 6LH
ADS Summer Weekend Break-Away 2020 June 5th – 8th June Hayling Island Weekend Break for Carers Contact Terrie on 07516 165647				

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Useful Contacts

Age Concern: Office: Raj:	551 Fairlie Rd, Slough, SL1 4PY 01753 822890 07739 984 238	Get Active Slough, SBC:	01753 875 177	Participation, Association, Leisure & Sport (PALS):	07990 577 776
Alzheimer's Dementia Support: Terrie number:	07543 243 613 07516 165 647	HomeSlough:	www.homeslough.org.uk	Slough Happiness Collective:	happyslough@gmail .com
Alzheimer's Society:	01628 626 331	Living in Harmony:	07846 312 831	Slough Older Peoples' Forum:	01753 536 906
Apna Virsa:	07598 533 336	Macmillan Cancer Information and Support Centre:	01753 634 886	Slough Senior Citizens Group:	01753 537 996
Art Classes:	isabelhuntart@gmail.com	Meet & Mingle (Term times only):	07732 632637	Special Voices:	07990693439
Berkshire Vision:	0118 987 2803	Men's Matters:	07843 554 734	U3A	07903021711
Community Learning and Skills Centre:	01753 476 611	Pakistani Welfare Association: Shaida :	01753 821 003 07861 261 768	WEA:	01753 554456

Age UK Advice Line: 0800 678 1602 - Lines are open 8am-7pm, 365 days a year

National Dementia Helpline: 0300 222 11 22 – Lines are open **9am-5pm**

Alzheimer's Society online forum – Talking Point – [alzheimers.org.uk/talkingpoint](https://www.alzheimers.org.uk/talkingpoint)

Macmillan Cancer Information and Support Centre Wexham Park Hospital: 01753 634886; open Tuesday-Friday 10am-4pm (except bank holidays)