

Services in Berkshire

**** Please contact the local office listed before attending services to discuss availability ****

Singing for the Brain

Reading

Calcot - Tuesdays 10.30am – 12 noon at Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, RG31 7YT. From September 10th – December 17th. **Closed October 29th**. Please contact Ria Robinson on 0118 959 6482.

Emmer Green – Fridays 10.30am – 12 noon at St. Barnabas Church Hall, 20 St. Barnabas Road, Emmer Green, RG4 8RA. From September 6th – December 13th. **Closed October 25th**. Please contact Ria Robinson on 0118 959 6482.

West Berkshire

Newbury – Mondays 10.30am – 12 noon at Riverside Centre, Rosemoor Gardens, Clay Hill, Newbury, RG14 2FG. From September 9th – December 16th. **Closed October 28th**. Please contact Ria Robinson on 0118 959 6482.

Burghfield Common - 2nd and 4th Wednesday of the month. 1.30pm-3pm at Burghfield Common Methodist Church Hall, Reading Road, Burghfield. RG7 3QA. From September 11th – December 11th. Please contact Ria Robinson on 0118 959 6482.

Wokingham

Wokingham – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham. RG40 1UE. From September 3rd – December 17th. **Closed October 22nd and October 29th**. Please contact Sue Hamblin on 0118 959 6482.

Charvil – Thursdays 10.30 am – 12 noon at Charvil Village Hall, Park Lane, Charvil. RG10 9TR. From September 5th – December 19th. **Closed October 24th and October 31st**. Please contact Sue Hamblin on 0118 959 6482

East Berkshire

Maidenhead – Alternate Wednesdays 10.30am – 12 noon at The Salvation Army, East Road, Maidenhead. SL6 1PJ. From September 4th – December 18th. **Closed October 30th, November 6th**. Please contact Annabell Kirby on 01628 626 331.

Bracknell – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From September 2nd – December 16th. **Closed October 28th**. Please contact Sue Hamblin on 0118 959 6482.

Dementia Support Service

Our Dementia Support Workers are available to provide information, support and guidance to people affected by dementia either through a visit to your home, over the telephone or meeting in your community.

For more information, please call **0118 959 6482** (Reading and West Berkshire), **01628 626331** (East Berkshire), email dswberkshire@alzheimers.org.uk

Information and Support

National Dementia Helpline 0300 222 11 22

Open 9am-8pm Mon–Wed; 9am–5pm Thu–Fri; 10am-4pm Sat-Sun

Talking Point

alzheimers.org.uk/talkingpoint

September-December 2019 Services in Berkshire

Dementia/Memory Cafe

An opportunity to meet regularly and talk about living with dementia in an informal social environment. We provide information about dementia, local services and practical tips about living well with dementia.

Bracknell – 2nd Friday of each month from 10.30am – 12pm at Coopers Hill Community Centre, Bagshot Road, Bracknell, RG12 7QS. Please contact Sue Hamblin on 0118 959 6482.

Empowerment Group

Come and have your say! Encouraging people with dementia to speak out about issues affecting their lives. Third Monday of the month from 2pm – 4pm at the Alzheimer's Society Office, Reading. Please contact Louise Keane on 0118 959 6482.

Dance Back in Time - Maidenhead

Music, dancing and afternoon tea on the last Tuesday of every month, 2 – 3.30 pm at Highview, North Road, Maidenhead SL6 1PL. Please contact Annabell Kirby on 01628 626331.

Maidenhead Activities Group

Activities for people living with dementia to attend on their own. Mondays from 10.30am-2pm at Highview, North Road, Maidenhead SL6 1PL. Please contact Annabell Kirby on 01628 626 331.

Poetry Group – Midgham

Fridays from 12.30pm at the Berkshire Arms, Midgham, RG7 5UX. September 27th and November 15th. Please contact Ria Robinson on 0118 959 6482.

Greyfriars - Reading

Themed activities on the first and third Wednesday of each month from 10.30am-12 noon at Greyfriars Church, Friar Street, Reading, RG1 1EH. From September 4th - December 18th. Please contact Ria Robinson on 0118 959 6482.

Movement for the Mind - Maidenhead

Seated exercise for all abilities. Alternate Wednesdays from 10.30am-12pm at the Salvation Army, East Road, Maidenhead. SL6 1PJ. **Closed October 30th, November 6th**. Please contact Annabell Kirby on 01628 626 331.

Gardening/Craft – Ufton Nervet

Tuesdays, once a month, from 10.30am-12pm. Join us for some nature related craft activities and light gardening. For more details, including dates and venue, please contact Annabell Kirby on 01628 626 331.

Yoga - Thatcham

Thursdays from 2.00pm-3.30pm at Thatcham Rugby Club, Henwick Lane. RG18 3BN. August 8th. September 5th, 19th and 26th. October 3rd, 17th and 24th. November 7th, 21st and 28th. December 5th and 19th. **Closed August 22nd**. Please contact Ria Robinson on 0118 959 6482.

Local Updates

This year for the first time, we have a Memory Walk in Windsor Great Park on Saturday 21st September. Please sign up at:

<https://www.memorywalk.org.uk/find-a-walk/windsor-2019/>



Here are the delicious cakes from the Reading Office cupcake day bake-off competition in June. We had a lot of fun in the office, everyone baked something! We raised over £50 by selling the cakes to neighbouring offices.

Gentle Reminder: Our services do not start until each stated time on this sheet. Please can we ask that you arrive at the time stated for each service, not beforehand. We are not always on site and we do not always have the room booked beforehand. Thank you.