

January - March 2018

Services in Berkshire



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

Singing for the Brain

A stimulating group activity for people with dementia and their carers

Reading

Contact Jocelyn on 0118 959 6482

Calcot - Tuesdays 10.30am – 12 noon at Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, RG31 7YT. From 9th Jan – 20th March; Closed 13th February

Emmer Green – Fridays 10.30am – 12 noon at St. Barnabas Church Hall, 20 St. Barnabas Road, Emmer Green, RG4 8RA. From 5th Jan – 23rd March; Closed 16th February.

West Berkshire

Contact Kelly on 0118 959 6482 for details

Newbury – Mondays 10.30am – 12 noon at Riverside Centre, Rosemoor Gardens, Clay Hill, Newbury, RG14 2FG. From 8th Jan – 26th March; Closed 12th February

Burghfield Common – Every other week from 10th January – 21st March 1.30 – 3.00 pm at Burghfield Common Methodist Church Hall, Reading Road, RG7 3QA.

East Berkshire

Contact Annabell on 01628 626 331

Slough – Wednesdays 10.30am – 12pm at Cippenham Community Centre, Earl's Lane, SL1 5DJ. Alternating weekly between Singing and **Movement for the Mind** (seated exercise). From 3rd Jan – 28th March. Closed 14th February.

Wokingham & Bracknell

Contact Geraldine on 0771 3390 714

Bracknell – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From 8th Jan – 19th March; Closed 12th Feb.

Wokingham – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham, RG40 1UE. From 2nd Jan – 20th March; Closed 6th & 13th February.

Charvil – Thursdays 10.30 am – 12 noon at Charvil Village Hall, Park Lane, Charvil, RG10 9TR. From 4th Jan – 22nd March; Closed 8th & 15th February.

Dementia/Memory Cafes

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.

Midgham – 2nd Thursday of each month from 2pm – 4pm (except April) at Best Western Hotel, Cox's Lane, Midgham, RG7 5UP. Please call Kelly on 0118 959 6482 for details.

Bracknell – 2nd Friday of each month from 10.30am – 12pm at Coopers Hill Community Centre, Bagshot Road, Bracknell, RG12 7QS. Contact Geraldine on 0771 3390 714 for details

Information and Support

Our Dementia Support Workers are available to provide information, support and guidance to people affected by dementia. For more information, please call **0118 959 6482** (Reading and West Berkshire), **01628 626331** (East Berkshire), email berkshire@alzheimers.org.uk or call our:

National Dementia Helpline 0300 222 11 22

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

Befriending

Our befriending service will connect you to a trained volunteer to give you the opportunity to do more of the things that you enjoy, either out in the community or at home. This could be anything from a round of golf, listening to music, or simply a cup of tea and a chat. For more information please contact:

- Reading – 0118 959 6482
- Slough, Maidenhead, Windsor, Bracknell, Ascot – 01628 626 331

Empowerment Group

Come and have your say! Encouraging people with dementia to speak out about issues affecting their lives. 3rd Monday of the month from 2pm – 4pm at Kennet Valley Free Church. Contact Louise on 0118 959 6482

Service User Review Panel (SURPs)

An opportunity for people with dementia to discuss and inform on a variety of subjects of interest every 1st Wednesday of the month from 2pm – 4pm at Slough Memory Clinic. Please contact Moira on 0118 959 6482 for details

Maidenhead Activities Group

Themed activities on Mondays from 10.30 am – 2 pm (term time only) at Highview, North Road, Maidenhead SL6 1PL. Please contact Annabell on 01628 626 331 for more information

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 call Annabell on 01628 626331 for details

Movement for the Mind - Slough

Seated exercise for all abilities, Wednesdays 10.30am -12pm at Cippenham Community Centre. Alternates weekly with Singing for the Brain, see overleaf or call Annabell on 01628 626331 for details

Poetry Group - Midgham

Bring along your favourite poem to share over lunch. January 19th and March 16th, from 12.30pm at the Berkshire Arms, Midgham, RG7 5UX. Please contact Kelly on 0118 959 6482 for details

Gardening for the Brain – Ufton Nervet

Join us for some nature related craft activities. January 31st, February 28th and March 28th, from 1.30pm – 3pm once a month at Ufton Nervet. Please contact Kelly on 0118 959 6482 for details

Greyfriars Activities Group - Reading

Themed activities on the 1st and 3rd Wednesday of each month starting 17th Jan. from 10.30 am – 12.30 pm at Greyfriars Church, Friar Street, Reading, RG1 1EH. Please contact Jocelyn on 0118 959 6482 for more information.

Yoga – Newbury

Relaxing seated exercise, suitable for all abilities. 4th, 18th and 25th January. 1st, 15th and 22nd Feb. 1st, 15th, 22nd and 29th March. 2.00pm -3.30pm at Thatcham Rugby Club, Henwick Lane, RG18 3BN. Call Kelly on 0118 959 6482 for more info. more information.

Carer Support Group - Reading

A support group for anybody caring for someone living with dementia in the Reading area. Every 4th Tuesday of the month from 10.30 – 12 noon (no groups in August) at Rivermead, Leisure Complex, Richfield Ave, Reading, RG1 8EQ. Call Pauline on 0118 959 6482 for details

Local Updates

- For services in West Berkshire please contact the Reading office via 0118 959 6482, berkshire@alzheimers.org.uk or Alzheimer’s Society, 118-128 London Street, Reading, RG1 4SJ
- A fond farewell to Moira Hemson. Moira retired from her role as the Dementia Support Manager for Berkshire at the end of November.