

September – December 2018



# Services in Berkshire

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

## Singing for the Brain

### Reading

Contact the Reading Office on 0118 959 6482

**Calcot** - Tuesdays 10.30am – 12 noon at Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, RG31 7YT. From 4<sup>th</sup> Sept – 18<sup>th</sup> Dec; Closed 23<sup>rd</sup> and 30<sup>th</sup> Oct.

**Emmer Green** – Fridays 10.30am – 12 noon at St. Barnabas Church Hall, 20 St. Barnabas Road, Emmer Green, RG4 8RA. From 7<sup>th</sup> Sept – 14<sup>th</sup> Dec; Closed 26<sup>th</sup> Oct and 2<sup>nd</sup> Nov.

### West Berkshire

Contact the Reading Office on 0118 959 6482

**Newbury** – Mondays 10.30am – 12 noon at Riverside Centre, Rosemoor Gardens, Clay Hill, Newbury, RG14 2FG. From 10<sup>th</sup> Sept – 10<sup>th</sup> Dec. Closed 22<sup>nd</sup> Oct.

**Burghfield Common** – Alternate Wednesdays 1.30pm-3pm at Burghfield Common Methodist Church Hall, Reading Road, Burghfield. RG7 3QA. 5<sup>th</sup> Sept – 12<sup>th</sup> Dec.

### 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 5<sup>th</sup> Sept – 12<sup>th</sup> Dec. Closed 24<sup>th</sup> Oct.

### Wokingham & Bracknell

Contact the Reading Office 0118 959 6482

**Bracknell** – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From 3<sup>rd</sup> Sept – 17<sup>th</sup> Dec. Closed 22<sup>nd</sup> and 29<sup>th</sup> October.

**Wokingham** – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham, RG40 1UE. From 4<sup>th</sup> Sept – 11<sup>th</sup> Dec. Closed 23<sup>rd</sup> and 30<sup>th</sup> Oct.

**Charvil** – Thursdays 10.30 am – 12 noon at Charvil Village Hall, Park Lane, Charvil, RG10 9TR. From 6<sup>th</sup> Sept – 13<sup>th</sup> Dec. Closed 25<sup>th</sup> Oct and 1<sup>st</sup> Nov.

## 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](mailto: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](http://alzheimers.org.uk/talkingpoint)**

### 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 at Best Western Hotel, Cox's Lane, Midgham, RG7 5UP. Contact 0118 959 6482 for more details.

**Bracknell** – 2<sup>nd</sup> Friday of each month from 10.30am – 12pm at Coopers Hill Community Centre, Bagshot Road, Bracknell, RG12 7QS. Contact 0118 959 6482 for more details.

#### Empowerment Group

Come and have your say! Encouraging people with dementia to speak out about issues affecting their lives. 3<sup>rd</sup> Monday of the month from 2pm – 4pm at Kennet Valley Free Church. Contact Louise 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 call Annabell on 01628 626331 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 details.

#### Poetry Group - Midgham

Bring along your favourite poem to share over lunch. 21<sup>st</sup> September and 16<sup>th</sup> November from 12.30pm at the Berkshire Arms, Midgham, RG7 5UX. Please contact 0118 959 6482 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.

#### Greyfriars Activities Group - Reading

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

#### Gardening for the Brain – Ufton Nervet

Join us for some nature related craft activities. 26<sup>th</sup> Sept (Shaw House), 10<sup>th</sup> Oct (Ufton Nervet), 21<sup>st</sup> Nov (Ufton Nervet), 19<sup>th</sup> Dec (Ufton Nervet) 1.30pm – 3pm, once a month. Please contact the Reading Office on 0118 959 6482 for more details.

#### Yoga - Thatcham

Relaxing seated exercise, suitable for all abilities. 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Sept; 4<sup>th</sup>, 18<sup>th</sup> Oct; 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Nov; 20<sup>th</sup> Dec 2.00pm -3.30pm at Thatcham Rugby Club, Henwick Lane, RG18 3BN. Please contact 0118 959 6482 for more details.

### Memory Walk

With every step you will help change the lives of people affected by dementia – now and in the future. Register yourself or a team, and start fundraising today!

Memory Walk Reading will be taking place on Sunday 30<sup>th</sup> September. Please call 0118 959 6482 or visit <https://www.memorywalk.org.uk/> for further details.

### Local Updates

We said goodbye to the Befriending Managers in May, Liz Barr and Hayley King, this was due to the services ending and being replaced by the new Side by Side service for people with dementia. The service will be starting soon in Berkshire. Watch this space for more details in the next Activity Sheet. Referrals into the services are not currently open.

We say a sad goodbye to Jocelyn Andersson at the end of July. Jocelyn has been with the Alzheimer's Society for nine years, firstly as a volunteer and then latterly as the Group Coordinator for Reading. Jocelyn will be missed by the team and at the services she has facilitated. We wish Jocelyn all the best for the future.