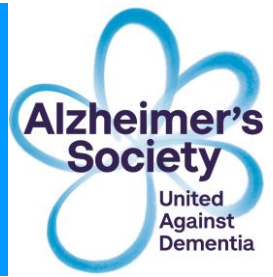


January – April 2019



# 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 8<sup>th</sup> January – 2nd April. Closed 12<sup>th</sup> and 19<sup>th</sup> February.

**Emmer Green** – Fridays 10.30am – 12 noon at St. Barnabas Church Hall, 20 St. Barnabas Road, Emmer Green, RG4 8RA. From 4<sup>th</sup> January - 5th April. Closed 15<sup>th</sup> and 22<sup>nd</sup> February.

### 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 7<sup>th</sup> January – 1st April. Closed 18<sup>th</sup> February.

**Burghfield Common** – Alternate Wednesdays 1.30pm-3pm at Burghfield Common Methodist Church Hall, Reading Road, Burghfield. RG7 3QA. From 9<sup>th</sup> January to 27<sup>th</sup> March. Closed 20<sup>th</sup> February.

### Wokingham & Bracknell

Contact the Sue Hamblin 0118 959 6482

**Bracknell** – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From 7<sup>th</sup> January -1<sup>st</sup> April. Closed 18<sup>th</sup> February.

**Wokingham** – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham, RG40 1UE. From 8th January – 2nd April. Closed 12<sup>th</sup> and 19<sup>th</sup> February.

**Charvil** – Thursdays 10.30 am – 12 noon at Charvil Village Hall, Park Lane, Charvil, RG10 9TR. From 10<sup>th</sup> January – 4<sup>th</sup> April. Closed 14<sup>th</sup> and 21<sup>st</sup> February.

### Maidenhead

Contact Annabel Kirby on 01628 626331. Wednesday 10.30 – 12.00. Salvation Army, East Road, Maidenhead SL6 1PJ. Alternating weekly between Singing for the Brain and Movement for the Mind. From 2<sup>nd</sup> January to 10<sup>th</sup> April. Closed 20<sup>th</sup> February.

## 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 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** – 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 the Alzheimer's Society Office, Reading. 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. 18<sup>th</sup> January and 15<sup>th</sup> March from 12.30pm at the Berkshire Arms, Midgham, RG7 5UX. Please contact 0118 959 6482 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. For dates and venues in 2019, please contact the Reading Office on 0118 959 6482 for more details.

#### Yoga - Thatcham

Relaxing seated exercise, suitable for all abilities. 2.00pm -3.30pm at Thatcham Rugby Club, 17<sup>th</sup>, 24<sup>th</sup>, and 31 January; 7<sup>th</sup> and 28<sup>th</sup> February; 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> March and 4<sup>th</sup> April. Henwick Lane, RG18 3BN. Please contact 0118 959 6482 for more details.

### Local Updates

This last quarter we welcomed Simran Loyal as the new Group Coordinator for Reading and West Berks. Simran stayed with us for a short while but sadly left due to personal reasons. Our new Group Coordinator will be starting in January 2019 – more information to follow.

**REMINDER:** With the weather turning cold after our glorious summer, and if you suspect the service could be closed due to snow/ ice please can you call the relevant office and a message will be on the phone informing you if the service is closed on the day.

Everyone here at the Alzheimer's Society would like to wish all of you a peaceful Christmas and a Happy New Year.