



Carers Week 2018 (11th to 17th June 2018)

The national theme for this Carers Week is looking at all the ways to support carers to stay Healthy and Connected. Building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

There are always lots of things going on locally that can have a positive effect on a carers health and wellbeing, we have put together a list of some of these activities and groups.

Friday 8th June 2018

Coffee for Carers (Past and Present) 10am to 11.30am at Crowthorne Library, 162 High Street, Crowthorne RG45 7AT.

Memory Café – Alzheimer's Society, 11am – 12.30pm Coopers Hill, Bagshot Road, Bracknell RG12 7QS. Contact 0118 959 6482.

Konnections Mums - A support group run by mothers for mothers of children with special needs or disabilities. 10.30am to 12noon, K2 Lounge, Kerith Community Church, K2 Building, Bracknell, RG12 1EH. 01344 828802 or email jo.dawson@kerith.co.uk

Monday 11th June 2018

Singing for the Brain – Alzheimer's Society, 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD.

Maidenhead Activities Group –Alzheimer's Society, Themed activities 10.30am–2pm at Highview, North Road, Maidenhead SL6 1PL. Contact 01628 626 331.

Windsor Carers Support Group - 10.30am-12.30pm. Where: Dedworth Green Baptist Church Hall, Smiths Lane, Windsor, SL4 5PE.

Support Information Guidance Networking Advice Learning

Registered Office: 20-21 Market Street, Bracknell, Berkshire, RG12 1JG

Bracknell Forest: Telephone: 01344 266 088 Email: info@signal4carers.org.uk

Windsor, Ascot and Maidenhead: Telephone: 01628 947 974 Email: waminfo@signal4carers.org.uk

Host: The Ark Trust Ltd **Company Number:** 04504955 **Charity Number:** 1098204





Tuesday 12th June 2018

SIGNAL mobile office drop in – 9am to 4pm, SIGNAL will be at Sunningdale Parish Council Car Park all day to answer any questions and raise awareness of unpaid carers. The Pavillion, Broomhall Lane, Sunningdale, SL5 0QS.

Ascot / Sunningdale Carers Support Group, 2pm until 3.30pm, Recreation Hall, The Pavillion, Broomhall Lane, Sunningdale, SL5 0QS.

Wednesday 13th June 2018

Bracknell Forest Carers Support Group Coffee Mornings, 10am to 12noon, The Look In Cafe, Great Hollands Square, Bracknell, RG12 8UX. Contact 07972 609621.

Dance for Adults (Elaine's Classes in Bracknell) Fun and friendly dance classes are held weekly in Bracknell. Adult Tap classes for a range of abilities are held at Bullbrook Community Centre on Wednesday mornings and evenings and at Birch Hill Community Centre on Thursday mornings. Jazz and lyrical dance classes from the musicals are held on Wednesdays at Bullbrook Community Centre. For more information, contact: 01344 484736 or dancenow9@aol.com

Thursday 14th June 2018

Tangled Tales, people working with all types of textile crafts – 10.30 to 12.30 at The Space, 20-21 Market Street, Bracknell, RG12 1JG. Free for Carers and if it's your first time free as a taster session for the person you care for. 01344 266899.

Chair yoga for the over 50's – Age UK Berkshire – 1.30pm to 2.30pm at Great Hollands Community Centre, The Square, Great Hollands, Bracknell, RG12 8UX.

SIGNAL Open House drop in – Come and have a cup of coffee with us and a well-earned break from caring. (The person you care for is welcome to attend). 2pm-4pm, The Space, 20-21 Market Street, Bracknell, RG12 1JG. 01344 266 088.

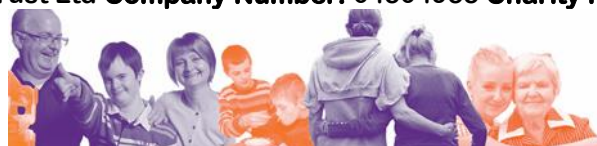
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Thursday 14th June 2018 (Continued)

RENDEZVOUS at Elizabeth House, A meeting place for people with dementia and their carers, 3pm - 5pm, Elizabeth House, Station Road, Cookham, Maidenhead, SL6 9BS. Contact 07709 524 384.

Ageing Positively Event by Datchet Patient Group – Open to all doors open at 7.00pm for a start at 7.30pm, ends at 9pm. At Wraysbury Village Hall, 41 The Green, Wraysbury, Staines TW19 5NA. Contact Datchet Health Centre 01753 541268

Friday 15th June 2018

Konnections Mums - A support group run by mothers for mothers of children with special needs or disabilities. 10.30am to 12noon, K2 Lounge, Kerith Community Church, K2 Building, Bracknell, RG12 1EH. 01344 828802 .

Saturday 16th June 2018

Parkrun - Weekly Free 5km Timed Run

Bracknell parkrun - www.parkrun.org.uk/bracknell/

Maidenhead parkrun - <http://www.parkrun.org.uk/maidenhead/>

Monday 18th June 2018

Autism Berkshire (Bracknell Support Group) 9.30am to 11.30am at Forest Park Community Centre, Horndean Road, Forest Park, Bracknell, RG12 0XQ. Call 01189 594 594 or email contact@autismberkshire.org.uk

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Triple A Ascot Area Alzheminer's (Triple A) Lunchtime Meeting (All welcome) St. Michaels Church Hall, Crowthorne Road, Bracknell, RG12 7ER. Contact: 01344 621491 or 01344 486349

For more activities and advice visit the public health portals at:

Bracknell Forest - <http://health.bracknell-forest.gov.uk/>

Windsor and Maidenhead - <https://www3.rbwm.gov.uk/publichealth/>

If you would like more information about any of these events and a phone number has not been provided, please give us a call on 01344 266 088 or 01628 947 974.

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