Welcome to YPWD (Berkshire) CIO

West Workshop Brochure

April - May 2019

www.ypwd.info
Welcome to YPWD (Berkshire) CIO

Upcoming Workshops!

If you are 65 years old or under and living with dementia in Berkshire, then you are entitled to join in any of our workshops.
At YPWD we aim to provide a series of engaging, meaningful and activity based workshops to enable younger people with dementia to learn new skills, maintain current ones, build confidence and self-esteem whilst meeting new people and, most importantly, having fun.

The workshops are free of charge, but some do require you to bring along a small amount of money for lunch or tea/coffee. If you have any problems with regards to the payment of lunch then please contact us and we will try our best to work around this. We really want everyone to be able to access these workshops!

We will do our best to allocate a workshop place for everyone who wishes to take part in an activity. However, it is not always possible and there may be occasions when we are not able to give places to everyone who has requested a particular workshop.

Certain workshops suggest you wear suitable clothing for the activity. If you have any questions on what you should be wearing then please don’t hesitate to contact us.

Please note that the workshops are for Carer respite. However, there are some workshops where the Carer can stay. Please look for the ‘Carer Welcome’ sign throughout the brochure. If a group is fully subscribed then people with dementia will have priority in taking part in the activity. If there is no ‘Carer Welcome’ sign next to an activity then this is a workshop solely for the person with dementia.

If you have signed up to a workshop and are unable to attend, please let us know with as much advanced warning as possible. If you know you will be unable to attend more than two sessions in a series, then please consider whether or not this is the right workshop for you at that time. We hope you find a workshop to suit your interests and very much look forward to meeting you.

To access the services offered by the Charity, to request a referral form or if you have any questions regarding any of the workshops, please contact Julie on: 0118 207 2880 or email: Julie.vernon@ypwd.info
Walking for Health:

Due to the Bank Holidays, this workshop will only run for 3 weeks, so we thought we would try something slightly different and go on a ramble!

We will be meet at our agreed point and head off on the bus on a mystery tour! We will park up close to a train station and go for a Ramble, rambling along to the next station via the scenic route. We will then stop for lunch and head back on the train. We will happily share destinations when we confirm spaces as we are still currently confirming the finer details.

All Rambles will be 3-4 miles and we intend on walking for about 1 hour. Anyone applying for this workshop will need to be able to walk this distance comfortably.

There will be a cost of £10 per person for this workshop to cover lunch and drinks. Please bring money on the day and staff will collect this.

This workshop is open to 8 attendees.

Please wear suitable footwear and clothing.

Please bring along a bottle of water.

Booking:
To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size 8
Harmony Choir:

‘Harmony’, is our amazing choir and we meet every Tuesday at the South Street Arts Centre in Reading.

The choir has been running for over 6 years and is very popular.

We will meet for 6 weeks at 10.15am for a cup of tea or coffee and then sing from 10.45am to 11.45am. We will sing a mixture of tunes including some from the popular bands.

This session is a great opportunity to sing and also to have a lot of fun at the same time.

The choir is well known in the local community and has performed at several events.

We welcome everyone along so it doesn’t matter if you don’t have an amazing singing voice, the main aim is to just have fun.

Tea/Coffee are provided.

Parking is on a street with meters and the cost is £3.20 for 2 hours.

Booking:

To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

CARER WELCOME
Walking:

We are returning to Dinton Pastures for this set of 6 workshops. Dinton has always been a popular choice and offers some lovely walks around the lakes with plenty to see. It’s the perfect setting for our walk.

We may decide to split up into groups depending on how quickly, or slowly, people would like to walk.

Although the group is for people with dementia, at the same time a walking group for carers will be taking place.

At times the specialist Dementia Care Advisor or the Admiral Nurse will join the carers group so you have the opportunity to chat, seek advice and ask any questions you may have.

After each session we will stop for a well deserved hot/chilled drink in the cafe! Please bring along enough money for a drink.

Please wear appropriate clothing for the weather and footwear that is appropriate for walking.

There is plenty of parking at Dinton Pastures.

Weekdays (from 2 March to 30 September)

Up to 4 hours: £1.50 per hour

Booking:

To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size: 8
The Dates:

Wednesdays
24th April - 29th May
10am - 12 noon

The Venue:
Salvation Army Church
Chalfont Close
Reading
RG6 5HZ
(vehicle access via Durand Road)

Creative Art: (Running alongside Gardening)

Come along and join us for this Art workshop and get creative.

Art provides many benefits and this workshop will allow you to take part in something which is mood enhancing and enriching and will also bring out your artistic side.

You do not need to have any experience of art materials or techniques as we will support and guide you, helping you produce some wonderful art work.

Throughout all of the sessions we will experience different styles and art mediums. These sessions will enable you to embrace your creativity.

We will base the theme on ‘The Garden’ and will incorporate art activities with The Garden providing some lovely art pieces to display outside.

You will need to wear old clothes as you may get a little messy.

This is a lovely relaxing session and is always very enjoyable.

As always there will be tea and coffee provided.

Free parking.

Booking:
To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880
Group Size: 6
The Dates:

Wednesdays
24th April - 29th May
10am - 12 noon

The Venue:
Salvation Army
Church
Chalfont Close
Reading
RG6 5HZ

(vehicle access via Durand Road)

Gardening: (Running alongside Art)

We will meet every Wednesday in the morning to enjoy some light gardening. Over the 6 weeks we will work on many different things in the garden.

Gardening will include preparing the ground and planting, making scarecrows, decorating and filling pots, building a rockery and many other outdoor delights.

We will always have to do a lot of weeding and watering each week as well.

We always welcome new ideas on what we can plant to grow so we would love it if you want to bring along any books or articles you have about gardening.

If the weather is not being kind to us, we will be able to use the hall. We have lots of activities we can do and enjoy inside.

Please wear clothes that you don’t mind getting slightly muddy and wear suitable shoes.

Tea and coffee will be provided.

Free parking.

Booking:
To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size: 6
The Dates:
Wednesdays
24th April - 29th May
2pm - 4pm

Well Being workshop:

Come and be pampered by Diksha of FiXme Ltd
Hand massage & Mindfulness Meditation
Foot Massage & Mindfulness Meditation
Upper body massage & Mindfulness Meditation

Diksha will also be happy to teach you some basics of the massage so you can use them at home.

It promises to be a relaxing and rejuvenating session, so please do book early.

Diksha is a skilled and experienced Physical Therapist and Mindfulness Practitioner. She will provide massage in a very tranquil environment, using organic products.

Please let us know in advance if you have any allergies or skin irritations.

Refreshments will be provided.

You will leave feeling rested and nurtured....

The Venue:
YPWD Office
First floor, Unit 9,
Indigo House
Fishponds Road
Wokingham
RG41 2GY

Booking:
To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size: 8  Carer Welcome
Inkpen Gardening:

**The Dates:**

**Thursdays**
25th April - 30th May
11.00am - 2.00pm

**The Venue:**

West Berkshire

Venue details will be given out after signing up as this workshop takes place on a private estate.

**Inkpen Gardening:**

**Thursday 25 April sees us returning to our 'blooming lovely' kitchen garden in Inkpen!**

If you enjoy being in the great outdoors amidst glorious scenery and friendly company while growing a luscious array of vegetables, salads and flowers ... then look no further. Why not come and join the Inkpen garden gang! No experience needed – we are all picking up gardening tips as we go along!

We arrive at the garden at 11am and enjoy a cuppa or two (in the summer house if it's raining) in between gardening and catching up on the news before finishing at 2pm.

Sturdy footwear, practical clothing and shower-proof coats required.

Please bring along a packed lunch.

**Booking:**

To reserve your place please contact julie.vernon@ypwd.info / 0118 207 2880

Group Size : 8