

April – July 2019

Services in Berkshire



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

Singing for the Brain

Reading

Please contact Ria Robinson on 0118 959 6482

Calcot - Tuesdays 10.30am – 12 noon at Kennet Valley Free Church, Carters Rise in Fords Farm, Calcot, RG31 7YT. From April 2nd – July 23rd. Closed April 9th and 16th. May 28th.

Emmer Green – Fridays 10.30am – 12 noon at St. Barnabas Church Hall, 20 St. Barnabas Road, Emmer Green, RG4 8RA. From April 5th – July 19th. Closed April 12th and 19th. May 31st.

West Berkshire

Contact Ria Robinson on 0118 959 6482

Newbury – Mondays 10.30am – 12 noon at Riverside Centre, Rosemoor Gardens, Clay Hill, Newbury, RG14 2FG. From April 1st – July 22nd. Closed April 15th and 22nd. May 6th and 27th.

Burghfield Common - 2nd and 4th Wednesday of the month. 1.30pm-3pm at Burghfield Common Methodist Church Hall, Reading Road, Burghfield. RG7 3QA.
From April 10th – July 24th.

Wokingham

Please contact Sue Hamblin on 0118 959 6482
Wokingham – Tuesdays 10.30 am – 12 noon at The Cornerstone, All Saints Church, Norreys Avenue, Wokingham. RG40 1UE. From April 2nd – July 30th. Closed April 9th and 16th. May 28th and June 4th.

Charvil – Thursdays 10.30 am – 12 noon at Charvil Village Hall, Park Lane, Charvil. RG10 9TR. From April 4th – August 1st.
Closed April 11th and 18th. May 30th and June 6th.

East Berkshire

Maidenhead – Alternate Wednesdays 10.30am – 12 noon at The Salvation Army, East Road, Maidenhead. SL6 1PJ. From May 1st – July 31st. Please contact Annabell Kirby on 01628 626 331.

Bracknell – Mondays 10.30am – 12 noon at Langley Hall, Holy Trinity Church, Bracknell, RG12 1HD. From April 1st – July 29th. Closed April 8th, 15th and 22nd, May 6th and 27th, June 3rd. Please contact Sue Hamblin on 0118 959 6482.

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

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

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 – 2nd Friday of each month from 10.30am – 12pm at Coopers Hill Community Centre, Bagshot Road, Bracknell, RG12 7QS. Please contact Sue Hamblin on 0118 959 6482.

Empowerment Group

Come and have your say! Encouraging people with dementia to speak out about issues affecting their lives. Third Monday of the month from 2pm – 4pm at the Alzheimer’s Society Office, Reading. Contact Louise Keane 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 contact Annabell Kirby on 01628 626331.

Maidenhead Activities Group

Activities for people living with dementia to attend on their own. Mondays from 10.30am-2pm at Highview, North Road, Maidenhead SL6 1PL. Please contact Annabell Kirby on 01628 626 331.

Poetry Group – Midgham

Fridays from 12.30pm at the Berkshire Arms, Midgham, RG7 5UX. May 17th and July 19th. Please contact Ria Robinson – 0118 959 6482.

Greyfriars - Reading

Themed activities on the first and third Wednesday of each month from 10.30am-12.30pm at Greyfriars Church, Friar Street, Reading. RG1 1EH. Please contact Ria Robinson on 0118 959 6482

Movement for the Mind - Maidenhead

Seated exercise for all abilities. Alternate Wednesdays from 10.30am-12pm at the Salvation Army, East Road, Maidenhead. SL6 1PJ. Please contact Annabell Kirby on 01628 626331

Gardening/Craft – Ufton Nervett

Tuesdays, once a month, from 10.30am-12pm. Join us for some nature related craft activities and light gardening. For dates and venue please contact the Annabell Kirby on 01628 626 331 for more details.

Yoga - Thatcham

Thursdays from 2.00pm-3.30pm at Thatcham Rugby Club, Henwick Lane. RG18 3BN. April 4th and 25th. May 2nd, 16th and 23rd. June 6th, 20th and 27th. July 4th and 25th. Please contact Ria Robinson – 0118 959 6482.

Local Updates

- In January we welcomed Ria Robinson into our team as the new Group Coordinator for the Reading and West Berkshire services. Ria is now facilitating all the services in these areas.
- If you know of someone living with dementia who may be interested in attending our services please can you encourage them or someone they know to give us a call before they attend to enable us to discuss their needs and for us to inform them of what they can expect at the service.
- Now that we are seeing elements of Spring, why not join us at our fun Gardening Group. You don't have to be green fingered! If you are interested please call Annabell on 01628 626 331.

NEW SERVICE – Side by Side

If you are living with dementia and want to continue to do the things you love doing or want to try new things supported by a volunteer then please contact Jo Rowan on 0118 696 6482